Mumbai Beef Meatball Curry
with Garlic Rice & Greek Yoghurt

Hello Fresh

Garlic

Basmati Rice

Beef Mince

Fine Breadcrumbs

Carrot

Brown Onion

Asian Greens

Coriander

Mumbai Spice Blend

Tomato Paste

Coconut Milk

Beef Stock

Greek Yoghurt

Pantry items
Olive Oil, Butter, Egg

Hands-on: 25-35 mins
Ready in: 30-40 mins

Get ready to fall head over heels for this rich, hearty dish that's a splendid symphony of flavours. The secret is cooking up the curry in a single pan so the tender meatballs soak up the traditional Indian spices. With a bed of fluffy garlic rice to finish it off, you better be ready to savour every taste – it'll be gone before you know it!

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need
Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	4 cloves	8 cloves
butter*	20g	40g
basmati rice	1 packet	2 packets
water* (for the rice)	1½ cups	3 cups
salt* (for the rice)	¼ tsp	½ tsp
beef mince	1 packet	1 packet
fine breadcrumbs	1 packet	2 packets
egg*	1	2
salt* (for the beef)	¼ tsp	½ tsp
carrot	1	2
brown onion	½	1
Asian greens	1 bunch	1 bunch
coriander	1 bunch	1 bunch
Mumbai spice blend	1 sachet	2 sachets
tomato paste	½ packet	1 packet
coconut milk	1 tin (200ml)	1 tin (400ml)
water* (for the sauce)	2 tbs	¼ cup
beef stock	1 sachet	1 sachet
Greek yoghurt	1 packet (100g)	1 packet (175g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3870kJ (923Cal)	668kJ (160Cal)
Protein (g)	43.2g	7.5g
Fat, total (g)	40.4g	7.0g
- saturated (g)	23.5g	4.1g
Carbohydrate (g)	84.4g	14.6g
- sugars (g)	13.3g	2.3g
Sodium (mg)	1560mg	269mg

Allergens

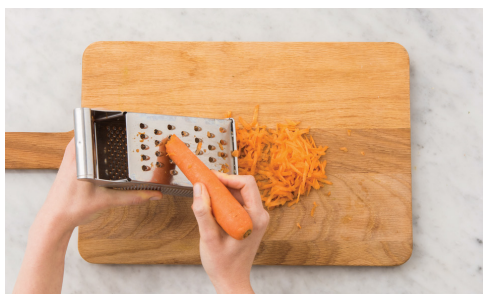Always read product labels for the most up-to-date allergen information.
Visit **hellofresh.co.nz/foodinfo** for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1. Make the garlic rice

Finely chop the **garlic** (or use a garlic press). In a medium saucepan, melt the **butter** with a **dash** of **olive oil** over a medium heat. Add **1/2** the **garlic** and cook until fragrant, **1-2 minutes**. Add the **basmati rice**, **water (for the rice)** and **salt (for the rice)**, stir, then bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!

2. Make the meatballs

While the rice is cooking, combine the **beef mince**, **fine breadcrumbs**, **egg**, **salt (for the beef)**, the **remaining garlic** and a **pinch** of **pepper** in a large bowl. Using damp hands, take a heaped spoonful of **mixture** and shape into a small meatball. Transfer to a plate and repeat with **remaining mixture**. You should get 5-6 meatballs per person.

3. Cook the meatballs

In a large frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. Add the **meatballs** and cook, turning, until browned and cooked through, **8-10 minutes**. Transfer to a plate.

4. Prep the veggies

While the meatballs are cooking, grate the **carrot** (unpeeled). Finely chop the **brown onion (see ingredients list)**. Roughly chop the **Asian greens**. Roughly chop the **coriander**.

5. Make the curry

Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **carrot** and **onion** and cook until softened, **5-6 minutes**. Add the **Mumbai spice blend** and **tomato paste (see ingredients list)** and cook until fragrant, **1-2 minutes**. Add the **Asian greens**, **coconut milk**, **water (for the sauce)** and **beef stock** and return the **meatballs** to the pan. Cook, stirring, until the sauce has thickened slightly, **1-2 minutes**. Season to taste with **salt** and **pepper**.

6. Serve up

Divide the garlic rice between bowls and spoon over the Mumbai beef meatball curry. Dollop over the **Greek yoghurt** and garnish with the coriander.

Enjoy!