

Mumbai Beef Meatball Curry

with Garlic Rice & Herby Yoghurt

Grab your Meal Kit with this symbol



Keep an eye out...
 Due to recent sourcing challenges, we've replaced Asian greens with green beans, which may be a little different to what's pictured. Don't worry, your recipe will be just as delicious!



Garlic



Basmati Rice



Beef Mince



Fine Breadcrumbs



Brown Onion



Carrot



Green Beans



Coriander



Greek-Style Yoghurt



Mumbai Spice Blend



Tomato Paste



Coconut Milk



Beef-Style Stock Powder

 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!

Pantry items

Olive Oil, Butter, Egg

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	1 packet
water* (for the rice)	1½ cups	3 cups
beef mince	1 packet	1 packet
fine breadcrumbs	1 packet	1 packet
egg*	1	2
salt*	¼ tsp	½ tsp
brown onion	½	1
carrot	1	2
green beans	1 bag (100g)	1 bag (200g)
coriander	1 bag	1 bag
Greek-style yoghurt	1 medium packet	1 large packet
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-style stock powder	1 sachet (5g)	1 sachet (10g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3938kJ (941Cal)	594kJ (141Cal)
Protein (g)	46.1g	7g
Fat, total (g)	41.7g	6.3g
- saturated (g)	27.3g	4.1g
Carbohydrate (g)	98.6g	14.9g
- sugars (g)	14.4g	2.2g
Sodium (mg)	1251mg	189mg

The quantities provided above are averages only.

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.



Cook the garlic rice

Finely chop the **garlic**. In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium heat. Cook 1/2 the **garlic** until fragrant, **1-2 minutes**. Add the **basmati rice**, **water (for the rice)** and a pinch of **salt**, 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!



Prep the veggies

While the meatballs are cooking, finely chop the **brown onion** (see ingredients). Thinly slice the **carrot** into half-moons. Trim the **green beans** and cut into thirds. Pick and finely chop the **coriander** leaves. In a small bowl, combine the **coriander** and **Greek-style yoghurt**. Season to taste and set aside.



Make the meatballs

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



Cook the meatballs

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



Make the curry

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



Serve up

Divide the garlic rice between bowls. Top with the beef meatball curry. Serve with the herby yoghurt.

Enjoy!