

Mumbai Beef Meatball & Green Bean Curry

with Garlic Rice & Yoghurt

Grab your Meal Kit with this symbol



Garlic Paste



Basmati Rice



Fine Breadcrumbs



Mild North Indian Spice Blend



Carrot



Green Beans



Capsicum



Baby Broccoli



Mumbai Spice Blend



Tomato Paste



Coconut Milk



Beef Mince



Greek-Style Yoghurt

Prep in: **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, Brown Sugar

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
butter*	20g	40g
garlic paste	1 packet (30g)	2 packets (60g)
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
mild North Indian spice blend	1 sachet	1 sachet
carrot	1	2
green beans	1 bag (100g)	1 bag (200g)
capsicum	1	2
baby broccoli	1 bag	1 bag
Mumbai spice blend	1 sachet	2 sachets
tomato paste	1 packet	2 packets
brown sugar*	1 tsp	2 tsp
coconut milk	1 tin (165ml)	2 tins (330ml)
water* (for the sauce)	½ cup	1 cup
Greek-style yoghurt	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3306kJ (790Cal)	552kJ (132Cal)
Protein (g)	41.7g	7g
Fat, total (g)	29.9g	5g
- saturated (g)	16g	2.7g
Carbohydrate (g)	83.6g	14g
- sugars (g)	17.8g	3g
Sodium (mg)	860mg	144mg

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](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

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Cook the garlic rice

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

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

TIP: Cover the pan with a lid if the garlic paste starts to spatter!



Prep the veggies

- While the meatballs are cooking, thinly slice the **carrot** into half-moons. Trim and halve the **green beans**.
- Roughly chop **capsicum**. Cut **baby broccoli** into thirds.



Make the meatballs

- While the rice is cooking, in a medium bowl, combine **beef mince**, **fine breadcrumbs**, the **egg**, **mild North Indian spice blend** and a pinch of **salt**.
- Using damp hands, roll heaped spoonfuls of **beef mixture** into small meatballs (5-6 per person). Transfer to a plate.



Cook the meatballs

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



Make the curry

- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **carrot**, **capsicum**, **baby broccoli** and **green beans** until softened, **6-7 minutes**.
- Add **Mumbai spice blend**, **tomato paste** and remaining **garlic paste** and cook until fragrant, **1-2 minutes**.
- Add the **brown sugar**, **coconut milk** and **water (for the sauce)**, then return the **meatballs** to the pan and turn to coat.
- Cook until the sauce has thickened slightly, **2-3 minutes**. Season to taste.



Serve up

- Divide garlic rice between bowls. Top with Mumbai beef meatball and green bean curry.
- Serve with **Greek-style yoghurt**. Enjoy!

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