

Slow-Cooked Pork Meatball & Veggie Curry

with Garlic Rice & Herbs

Grab your Meal Kit with this symbol



Recipe Update
 The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!



Carrot



Parsnip



Garlic



Fine Breadcrumbs



Chicken-Style Stock Powder



Ginger Paste



Mumbai Spice Blend



Mild Curry Paste



Coconut Milk



Basmati Rice



Baby Spinach Leaves



Herbs



Pork Mince

Prep in: 20-30 mins
 Ready in: 1 hr 10 mins - 1 hr 20 mins

We love a little ball of deliciousness and a meatball fits this description perfectly. Slow-cooked pork with a hint of our chicken stock is rolled up nice and tight, stirred through an aromatic Indian-style curry and served with pillowy garlic rice.

Pantry items

Olive Oil, Egg, Brown Sugar, Butter

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

Large ovenproof pot with a lid · Medium saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
parsnip	1	2
garlic	3 cloves	6 cloves
pork mince	1 packet	1 packet
fine breadcrumbs	1 packet	1 packet
chicken-style stock powder	1 sachet	1 sachet
egg*	(5g)	(10g)
egg*	1	2
ginger paste	1 medium packet	1 large packet
Mumbai spice blend	1 sachet	2 sachets
mild curry paste	1 packet	1 packet
brown sugar*	½ tsp	1 tsp
water* (for the sauce)	¾ cup	1½ cups
coconut milk	1 box (200ml)	2 tins (330ml)
butter*	20g	40g
basmati rice	1 packet	1 packet
water* (for the rice)	1½ cups	3 cups
baby spinach leaves	1 small bag	1 medium bag
herbs	1 bag	1 bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4024kJ (962Cal)	659kJ (158Cal)
Protein (g)	43g	7g
Fat, total (g)	49.5g	8.1g
- saturated (g)	28.5g	4.7g
Carbohydrate (g)	99.8g	16.3g
- sugars (g)	16.6g	2.7g
Sodium (mg)	1442mg	236mg

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.

1



Get prepped

- Preheat oven to **200°C/180°C fan-forced**.
- Cut **carrot** and **parsnip** into bite-sized chunks. Finely chop **garlic**.

4



Bake the curry

- Cover pot with a lid, then bake **curry** until slightly thickened and the meatballs are cooked through, **50-60 minutes**.
- When curry has **10 minutes** remaining, add **coconut milk** and stir to combine. Season to taste. Cover with lid and return to the oven to bake.

2



Make the meatballs

- In medium bowl, combine **pork mince**, **fine breadcrumbs**, **chicken-style stock powder**, the **egg**, 1/2 the **garlic** and a pinch of **pepper**.
- Using damp hands, roll heaped spoonfuls of **pork mixture** into small meatballs (4-5 per person).

Little cooks: Join the fun by helping combine the ingredients and shaping the mixture into meatballs!

5



Cook the garlic rice

- When curry has **20 minutes** cook time remaining, heat **butter** with a dash of **olive oil** in a medium saucepan over medium heat. Cook remaining **garlic** until fragrant, **1-2 minutes**.
- Add **basmati rice**, **water (for the rice)** and a generous 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!

3



Make the sauce

- In a large ovenproof pot, heat a drizzle of **olive oil** over medium-high heat. Cook **meatballs**, turning, until browned, **3-4 minutes**.
- Add **ginger paste** and **Mumbai spice blend** and cook until fragrant, **1 minute**.
- Add **carrot**, **parsnip**, **mild curry paste**, the **brown sugar** and **water (for the sauce)** and stir to combine.

6



Serve up

- Add **baby spinach leaves** to the curry and stir until wilted.
- Divide garlic rice and slow-cooked pork meatball and veggie curry between bowls.
- Tear over **herbs** to serve. Enjoy!

Little cooks: Kids can help tear over the herbs.

We're here to help!

Scan here if you have any questions or concerns

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