



Quick Sri Lankan Coconut Beef Meatballs

with Udon Noodles, Greens & Peanuts

Grab your Meal Kit with this symbol



Garlic



Asian Greens



Broccoli



Beef Mince



Fine Breadcrumbs



Sri Lankan Spice Blend



Tomato Paste



Coconut Milk



Beef-Style Stock Powder



Udon Noodles



Crushed Peanuts

 Hands-on: **20-30 mins**
Ready in: **25-35 mins**

Put a subcontinental spin on beef meatballs with a Sri Lankan spice blend and rich tomato paste. Then, factor in some udon noodles and tasty greens and you've got yourself a new speedy noodle dish that's sure to become a family fave.

Pantry items

Olive Oil, Egg, Soy Sauce, 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

Large frying pan · Medium saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
Asian greens	1 head	2 heads
broccoli	½	1
beef mince	1 packet	1 packet
fine breadcrumbs	½ packet	1 packet
egg*	1	2
salt*	¼ tsp	½ tsp
Sri Lankan spice blend	1 sachet	2 sachets
tomato paste	1 packet	2 packets
coconut milk	1 tin (200ml)	1 tin (400ml)
beef-style stock powder	1 sachet (5g)	1 sachet (10g)
soy sauce*	1 tsp	2 tsp
water*	½ cup	1 cup
brown sugar*	pinch	pinch
udon noodles	1 packet	2 packets
crushed peanuts	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3747kJ (895Cal)	606kJ (144Cal)
Protein (g)	55.2g	8.9g
Fat, total (g)	44.3g	7.2g
- saturated (g)	25.7g	4.2g
Carbohydrate (g)	52.3g	8.5g
- sugars (g)	9.3g	1.5g
Sodium (mg)	1876mg	303mg

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.

If you have any questions or concerns, please visit hellofresh.co.nz/contact

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Get prepped

- Finely chop **garlic**. Roughly chop **Asian greens**. Cut **broccoli** (see ingredients) into small florets and roughly chop stalk.
- In a medium bowl, combine **beef mince**, **garlic**, **fine breadcrumbs** (see ingredients), the **egg** and **salt**. Using damp hands, roll heaped spoonfuls of **beef mixture** into small meatballs. Transfer to a plate. You should get 4-5 meatballs per person.



Cook the noodles

- While meatballs are cooking, boil the kettle. Half-fill a medium saucepan with boiling water.
- Cook **udon noodles** in boiling water over a medium-high heat until tender, **3-4 minutes**.
- In the last **minute** of cook time, gently stir **noodles** with a fork to separate. Drain, rinse and set aside.
- When noodles are done, add **Asian greens**, **noodles** and **meatballs** to the frying pan of **veggies**. Stir to combine and cook until the greens are just wilted, **1-2 minutes**.



Cook the meatballs & veggies

- In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook **meatballs**, turning, until browned and cooked through, **8-10 minutes**. Transfer to a plate.
- Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook **broccoli**, tossing, until tender, **4-5 minutes**.
- Reduce heat to medium, then add **Sri Lankan spice blend** and **tomato paste** and cook until fragrant, **1 minute**.
- Add **coconut milk**, **beef-style stock powder**, the **soy sauce**, **water** and a pinch of **brown sugar**. Stir and simmer until slightly thickened, **1-2 minutes**.



Serve up

- Divide Sri Lankan coconut beef meatballs and noodles between bowls.
- Sprinkle with **crushed peanuts** to serve.

Enjoy!