



Thai Red Coconut & Beef Meatball Curry

with Bamboo Shoots & Roasted Veggies

NEW

Grab your Meal Kit with this symbol



Carrot



Parsnip



Basmati Rice



Bamboo Shoots



Sweet Soy Seasoning



Fine Breadcrumbs



Mild Thai Red Curry Paste



Garlic Paste



Coconut Milk



Coriander



Beef Mince



Recipe Update

The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: 20-30 mins
Ready in: 30-40 mins

A meatball and curry mashup for dinner? Nope, you're not dreaming! We've got our eyes and tastebuds wide awake tonight to experience the rich blend of a mild red curry with meatballs, bamboo shoots and veggies. Soak it up with rice and a big spoon to collect everything in one bite!

Pantry items

Olive Oil, Egg, Soy Sauce

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

Oven tray lined with baking paper · Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
parsnip	1	2
water* (for the rice)	1½ cups	3 cups
basmati rice	1 packet	1 packet
bamboo shoots	½ tin	1 tin
beef mince	1 packet	1 packet (or 2 packets)
sweet soy seasoning	1 sachet	2 sachets
fine breadcrumbs	1 packet	1 packet
egg*	1	2
mild Thai red curry paste	½ packet	1 packet
garlic paste	1 packet	1 packet
coconut milk	1 tin (165ml)	1 tin (400ml)
water* (for the curry)	½ cup	1 cup
soy sauce*	2 tsp	4 tsp
coriander	1 bag	1 bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4123kJ (985Cal)	653kJ (156Cal)
Protein (g)	42.9g	6.8g
Fat, total (g)	43.5g	6.9g
- saturated (g)	22.2g	3.5g
Carbohydrate (g)	100.9g	16g
- sugars (g)	16.3g	2.6g
Sodium (mg)	2003mg	317mg

The quantities provided above are averages only.

Allergens

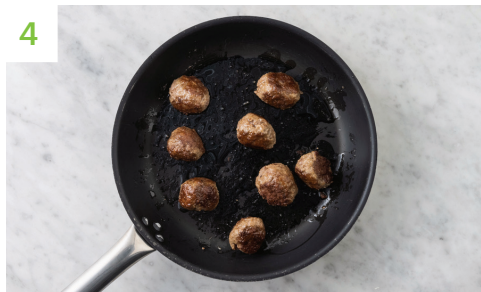
Always read product labels for the most up-to-date allergen information.

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.



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **carrot** and **parsnip** into bite-sized chunks.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Roast until tender, **20-25 minutes**.



Cook the meatballs

- In a large frying pan, heat a generous drizzle of **olive oil** over medium-high heat.
- Cook **meatballs**, turning, until browned and cooked through, **8-10 minutes** (cook in batches if your pan is getting crowded).
- Transfer to a bowl.



Cook the rice

- While the veggies are roasting, add **water (for the rice)** to a medium saucepan and bring to the boil.
- Add **basmati rice**, stir, cover with a lid and reduce heat to low.
- Cook for **10 minutes**, then remove pan 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!



Finish the curry

- **SPICY!** The curry paste is mild, but use less if you're sensitive to heat.
- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **mild Thai red curry paste** (see ingredients) and **garlic paste**, stirring, until fragrant, **1 minute**.
- Add **coconut milk**, **water (for the curry)** and the **soy sauce** and stir to combine. Reduce heat to medium and simmer until slightly reduced, **2-3 minutes**.
- When the veggies are done, gently stir the **roasted veggies**, **bamboo shoots** and meatballs through the curry.



Prep the meatballs

- While the rice is cooking, drain and rinse **bamboo shoots** (see ingredients).
- Combine **beef mince**, **sweet soy seasoning**, **fine breadcrumbs**, the **egg** and a pinch of **salt** in a medium bowl.
- Using damp hands, roll heaped spoonfuls of **beef mixture** into small meatballs (4-5 per person).



Serve up

- Divide rice between bowls.
- Top with Thai red coconut beef meatball curry.
- Garnish with torn **coriander** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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