



Beef Meatball Massaman-Style Curry

with Jasmine Rice and Spring Onion

Classic 40 Minutes • Little Heat

N° 10



-  Echalion Shallot
-  Carrot
-  Potato
-  Spring Onion
-  Lime
-  Thai Spice Blend
-  Beef Mince
-  Pork Mince
-  Plain Flour
-  Jasmine Rice
-  Massaman Curry Paste
-  Coconut Milk
-  Soy Sauce

CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Cooking tools, you will need:

Peeler, Fine Grater, Mixing Bowl, Measuring Jug, Saucepan and Frying Pan.

Ingredients

	2P	3P	4P
Echalion Shallot**	1	1	2
Carrot**	1	2	2
Potato**	1	2	2
Spring Onion**	1	2	2
Lime**	½	1	1
Thai Spice Blend 3)	1 small pot	1 small pot	1 large pot
Beef Mince**	240g	360g	480g
☞ Pork Mince**	240g	360g	480g
Plain Flour 13)	8g	12g	16g
Water for the Rice*	300ml	450ml	600ml
Jasmine Rice	150g	225g	300g
Massaman Curry Paste	1 small sachet	1 large sachet	2 small sachets
Coconut Milk	200ml	300ml	400ml
Water for the Curry*	150ml	225ml	300ml
Soy Sauce 11) 13)	½ sachet	¾ sachet	1 sachet

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	542g	100g
Energy (kJ/kcal)	3609/863	666/159
Fat (g)	40	7
Sat. Fat (g)	24	4
Carbohydrate (g)	91	17
Sugars (g)	9	2
Protein (g)	35	6
Salt (g)	2.14	0.40
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	542g	100g
Energy (kJ/kcal)	3906/934	721/172
Fat (g)	48	9
Sat. Fat (g)	26	5
Carbohydrate (g)	91	17
Sugars (g)	9	2
Protein (g)	34	6
Salt (g)	2.22	0.41

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

3) Sesame 11) Soya 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

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The Fresh Farm

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Get Prepped

Halve, peel and thinly slice the **shallot**. Remove the ends from the **carrot** (no need to peel), thinly slice widthways. Peel the **potato** and chop into 2cm chunks. Trim the **spring onion** and thinly slice. Zest and halve the **lime**.



Start the Curry

Heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, add the **meatballs** and fry until browned on the outside, 5-6 mins. Turn every 2 mins. Remove to a plate (we will finish cooking them later). **TIP:** *You may need to cook the meatballs in batches depending on the size of your pan.* Pop your pan back on medium-high heat with a drizzle of **oil** if the pan is dry. Add the **carrot** and **shallot** to the pan and season with **salt** and **pepper**. Fry until the **veg** is soft, 5-6 mins.



Finish the Prep

Pop the **beef mince** into a bowl and add the **Thai spice** (add less if you don't like spice), **flour** and **lime zest**. Season with **salt** and **pepper**. Mix with your hands until well combined, then shape into 4-5 evenly sized **meatballs** per person. **IMPORTANT:** *Wash your hands after handling raw meat.*



CUSTOM RECIPE

If you've chosen **pork mince** instead of **beef mince** for this recipe, just prepare and cook it in the same way the recipe instructs you to prep and cook the **beef mince** in the step above and in the rest of the recipe.



Simmer!

Add the **curry paste** to the **carrot** and **onion**, stir and cook for 1 minute, then add the **meatballs** back in the pan along with the **potatoes**. Pour in the **coconut milk** and **water** (see ingredient list for amount). Season with **salt** and **pepper**. Bring to the boil, cover with a lid or some tin foil, simmer until the **sauce** is thick and the **meatballs** and **potato** are cooked, 15-20 mins. **IMPORTANT:** *The meatballs are cooked when no longer pink in the middle. The potatoes are cooked when you can easily slip a knife through them.*



Cook the Rice

Pour the **water** for the rice (see ingredients for amount) into a saucepan and bring to the boil. When boiling, add ¼ tsp of **salt**, stir in the **jasmine rice**, lower the heat to medium and pop a lid on the pan. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Finish and Serve

Once the **curry** is cooked add **half** the **lime juice** and **half** the **soy sauce**. Taste and add more **lime juice**, **soy sauce** and **pepper** if you feel it needs it. Fluff up the **rice**, spoon into bowls. Top with the **curry** and sprinkle on the **spring onion**.

Enjoy!