



Mumbai Beef Meatball Curry

with Garlic Rice & Yoghurt

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Beef Mince



Ginger Paste



Fine Breadcrumbs



Carrot



Red Onion



Tomato



Mumbai Spice Blend



Tomato Paste



Coconut Milk



Vegetable Stock Powder



Baby Spinach Leaves



Greek-Style Yoghurt

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!

Hands-on: 25-35 mins
Ready in: 30-40 mins

These are no basic meatballs, but they're also surprisingly simple to make. The secret? Cooking up the curry in a single pan so the tender meatballs soak up the traditional Indian spices. Bring everything together with some fluffy garlic rice, and make sure to savour every mouthful - it'll be gone before you know it!

Pantry items

Olive Oil, Butter, Egg

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
garlic	4 cloves	8 cloves
butter*	20g	40g
basmati rice	1 medium packet	1 large packet
water* (for the rice)	1 ½ cups	3 cups
beef mince	1 small packet	1 medium packet
ginger paste	1 medium packet	1 large packet
fine breadcrumbs	1 medium packet	1 large packet
egg*	1	2
salt*	¼ tsp	½ tsp
carrot	1	2
red onion	½	1
tomato	1	2
Mumbai spice blend	1 sachet	2 sachets
tomato paste	½ packet	1 packet
coconut milk	1 medium tin	1 large tin
water* (for the sauce)	2 tbs	¼ cup
vegetable stock powder	1 medium sachet	1 large sachet
baby spinach leaves	1 small bag	1 medium bag
Greek-style yoghurt	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3968kJ (948Cal)	601kJ (144Cal)
Protein (g)	44.7g	6.8g
Fat, total (g)	41.1g	6.2g
- saturated (g)	25.5g	3.9g
Carbohydrate (g)	93.6g	14.2g
- sugars (g)	21g	3.2g
Sodium (mg)	1564mg	237mg

The quantities provided above are averages only.

Allergens

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

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

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1 Make the garlic rice

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

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



4 Prep the veggies

While the meatballs are cooking, grate the **carrot**. Finely chop the **brown onion** (see ingredients). Roughly chop the **tomato**.



2 Make the meatballs

While the rice is cooking, combine the **beef mince**, **ginger paste**, **fine breadcrumbs**, **egg**, the **salt**, a pinch of **pepper** and the remaining **garlic** in a large bowl. Using damp hands, roll heaped spoonfuls of the **mixture** into small meatballs. Transfer to a plate. You should get 4-5 meatballs per person.



3 Cook the meatballs

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



5 Make the curry

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **carrot** and **onion**, stirring, until softened, **5-6 minutes**. Add the **Mumbai spice blend** and **tomato paste** (see ingredients) and cook until fragrant, **1-2 minutes**. Return the **meatballs** to the pan, then add the **tomato**, **coconut milk**, the **water (for the sauce)** and **vegetable stock powder**. Cook until the sauce is slightly thickened, **1-2 minutes**. Remove from the heat, then stir through the **baby spinach leaves** until wilted. Season to taste.



6 Serve up

Divide the garlic rice between bowls, then spoon over the Mumbai beef meatball curry. Top with a dollop of **Greek-style yoghurt** to serve.

Enjoy!

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