



Smokey Beef Meatballs & Tomato Sauce

with Garlic Rice & Yoghurt

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Flaked Almonds



Beef Mince



Fine Breadcrumbs



Berbere Seasoning



Brown Onion



Green Beans



Carrot



Chopped Tomatoes



Beef-Style Stock Powder



Baby Spinach Leaves



Greek-Style Yoghurt

Hands-on: **25-35 mins**
Ready in: **35-45 mins**

Discover a fusion of North African-style flavours with a whole new twist! Take tasty garlic rice piled with moreish beef meatballs, all the right spices and tender veggies, and you've got a dinner-time hit. Serve with yoghurt for the ultimate creamy, cooling effect.

Pantry items

Olive Oil, Butter, Egg, 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

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
butter*	40g	80g
basmati rice	1 packet	1 packet
water* (for the rice)	1½ cups	3 cups
flaked almonds	1 packet	2 packets
beef mince	1 packet	1 packet
fine breadcrumbs	½ packet	1 packet
egg*	1	2
Berberé seasoning	1 sachet	2 sachets
brown onion	1 (medium)	1 (large)
green beans	1 bag (100g)	1 bag (200g)
carrot	1	2
chopped tomatoes	1 tin	2 tins
sugar*	pinch	pinch
beef-style stock powder	1 sachet (10g)	2 sachets (20g)
water* (for the sauce)	¼ cup	½ cup
baby spinach leaves	1 bag (60g)	1 bag (120g)
Greek-style yoghurt	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4142kJ (989Cal)	560kJ (133Cal)
Protein (g)	49.7g	6.7g
Fat, total (g)	36.2g	4.9g
- saturated (g)	18.3g	2.5g
Carbohydrate (g)	105.8g	14.3g
- sugars (g)	18.7g	2.5g
Sodium (mg)	1843mg	249mg

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.

If you have any questions or concerns, please visit [hellofresh.co.nz/contact](https://www.hellofresh.co.nz/contact)

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1 Cook the garlic rice

Finely chop the **garlic**. In a medium saucepan, melt 1/2 the **butter** with a dash of **olive oil** over a medium heat. Cook 1/2 the **garlic** until fragrant, **1-2 minutes**. Add the **basmati rice**, **water (for the rice)** and a good pinch of **salt**, stir, and bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat and 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 Get prepped

While the meatballs are cooking, finely chop the **brown onion**. Trim and halve the **green beans**. Thinly slice the **carrot** into half-moons.



2 Make the meatballs

While the rice is cooking, heat a large frying pan over a medium-high heat. Toast the **flaked almonds**, tossing, until golden, **2-3 minutes**. Transfer to a plate. In a large bowl, combine the **beef mince**, **fine breadcrumbs** (see ingredients), **egg**, **Berberé seasoning** and a good pinch of **salt**. Using damp hands, roll heaped spoonfuls of the **beef mixture** into small meatballs. Transfer to a plate. You should get 4-5 meatballs per person.



3 Cook the meatballs

Heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. When the oil is hot, cook the **meatballs** in batches, turning, until browned and cooked through, **8-10 minutes**. Transfer to a plate.

TIP: The spice blend will char slightly in the pan, this adds to the flavour!



5 Make the sauce

Wipe out the frying pan and return to a medium-high heat with a drizzle of **olive oil**. Cook the **onion** and **carrot**, stirring, until tender, **4-6 minutes**. Add the remaining **garlic** and cook until fragrant, **1 minute**. Add the **green beans**, **chopped tomatoes**, a pinch of **sugar**, the **beef-style stock powder** and **water (for the sauce)**. Stir to combine and simmer until slightly thickened, **3-4 minutes**. Add the **baby spinach leaves** and remaining **butter** and cook until wilted, **1-2 minutes**. Return the **meatballs** to the pan and gently stir to coat. Season to taste.



6 Serve up

Divide the garlic rice between bowls. Top with the smokey beef meatballs and sauce. Sprinkle with the toasted almonds. Top with the **Greek-style yoghurt** to serve.

Enjoy!