

# Smokey Mango Beef Meatballs & Garlic Rice

with BBQ Mayo & Roasted Almonds

Grab your Meal Kit with this symbol



**Recipe Update**

Our suppliers have been affected by the recent adverse weather conditions and COVID-related labour shortages, which is impacting the availability of some ingredients. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!



Garlic



Basmati Rice



Cucumber



Roasted Almonds



Celery



Beef Mince



Fine Breadcrumbs



Barbecue Seasoning



Mango Chutney



Slaw Mix



BBQ Mayo

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

These meatballs are bursting with the tried and true flavour of our smokey barbecue seasoning and tangy BBQ sauce. On the side, we've got a bright slaw and aromatic garlic rice for a splendid finish.

**Pantry items**

Olive Oil, Butter, Egg, White Wine Vinegar

## 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*	20g	40g
basmati rice	1 packet	1 packet
water*	1½ cups	3 cups
cucumber	1 (medium)	1 (large)
roasted almonds	1 packet	2 packets
celery	1 stalk	2 stalks
beef mince	1 packet	1 packet
egg*	1	2
fine breadcrumbs	1 packet	1 packet
barbecue seasoning	1 sachet	2 sachets
mango chutney	1 packet (50g)	1 packet (100g)
slaw mix	1 bag (150g)	1 bag (300g)
white wine vinegar*	drizzle	drizzle
BBQ mayo	1 packet (50g)	1 packet (100g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3951kJ (944Cal)	799kJ (191Cal)
Protein (g)	44.7g	9g
Fat, total (g)	43.4g	8.8g
- saturated (g)	14g	2.8g
Carbohydrate (g)	90.8g	18.4g
- sugars (g)	14.1g	2.9g
Sodium (mg)	1284mg	260mg

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://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



### Cook 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, **1-2 minutes**. Add the **basmati rice**, the **water** and a generous pinch of **salt**, stir, then 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!



### Cook the meatballs

Heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. Cook the **meatballs**, turning, until browned and cooked through, **8-10 minutes** (cook in batches if your pan is getting crowded). Remove from the heat, then add the **mango chutney** and a splash of **water**. Toss until the meatballs are well coated.



### Get prepped

While the rice is cooking, roughly chop the **cucumber** and **roasted almonds**. Finely chop the **celery**.



### Toss the slaw

While the meatballs are cooking, add the **cucumber**, **celery**, **slaw mix** and a drizzle of **olive oil** and **white wine vinegar** to a medium bowl. Toss to combine and season to taste.



### Make the meatballs

In a medium bowl, combine the **beef mince**, the **egg**, **fine breadcrumbs**, **barbecue seasoning** and remaining **garlic**. Season with **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.



### Serve up

Divide the garlic rice, smokey mango beef meatballs and cucumber slaw between plates. Serve with the **BBQ mayo** and roasted almonds.

Enjoy!