



# Dinner: Thai Coconut Beef Meatballs

## Lunch: Thai Beef Meatballs & Sesame Slaw

Grab your Meal Kit with this symbol



Jasmine Rice



Carrot



Snow Peas



Green Beans



Garlic



Makrut Lime Leaves



Herbs



Beef Mince



Southeast Asian Spice Blend



Fine Breadcrumbs



Ginger Paste



Coconut Milk



Fish Sauce & Rice Vinegar Mix

### For your lunch



Cucumber



Sesame Dressing



Garlic Aioli



Slaw Mix



Crispy Shallots

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

Cook an amazing dinner as usual, then put a twist on the recipe to create something different for tomorrow's lunch! The ginger-soy veggies and zingy coconut sauce work wonderfully with the mildly spiced meatballs for dinner - and making extra meatballs will see you throwing together a lunch that'll be the envy of the office.

### Pantry items

Olive Oil, Egg, Soy Sauce, Brown Sugar AF

## 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 · Small saucepan

## Ingredients

|                               | 2 People         | 4 People                  |
|-------------------------------|------------------|---------------------------|
| olive oil*                    | refer to method  | refer to method           |
| water*                        | 1¼ cups          | 2½ cups                   |
| jasmine rice                  | 1 medium packet  | 1 large packet            |
| carrot                        | 1                | 2                         |
| snow peas                     | 1 small bag      | 1 medium bag              |
| green beans                   | 1 small bag      | 1 medium bag              |
| garlic                        | 1 clove          | 2 cloves                  |
| makrut lime leaves            | 2 leaves         | 4 leaves                  |
| herbs                         | 1 bag            | 1 bag                     |
| beef mince                    | 1 medium packet  | 1 medium & 1 small packet |
| salt*                         | ½ tsp            | ¾ tsp                     |
| Southeast Asian spice blend   | 1 large sachet   | 2 large sachets           |
| egg*                          | 1                | 2                         |
| fine breadcrumbs              | 1 large packet   | 2 large packets           |
| ginger paste                  | 1 medium packet  | 1 large packet            |
| soy sauce*                    | 2 tsp            | 1 tbs                     |
| coconut milk                  | 1 medium tin     | 2 medium tins             |
| brown sugar*                  | 2 tsp            | 1 tbs                     |
| fish sauce & rice vinegar mix | 1 packet (20g)   | 1 packet (40g)            |
| cucumber                      | 1                | 1                         |
| sesame dressing               | 1 packet (60g)   | 1 packet (60g)            |
| garlic aioli                  | 1 packet (50g)   | 1 packet (50g)            |
| slaw mix                      | 1 large bag      | 1 large bag               |
| crispy shallots               | 2 medium packets | 1 large packet            |

\*Pantry Items

## Nutrition

| Dinner           | Avg Qty | Per Serving     | Per 100g       |
|------------------|---------|-----------------|----------------|
| Energy (kJ)      |         | 3470kJ (829Cal) | 642kJ (153Cal) |
| Protein (g)      |         | 43.0g           | 8.0g           |
| Fat, total (g)   |         | 28.8g           | 5.3g           |
| - saturated (g)  |         | 14.7g           | 2.7g           |
| Carbohydrate (g) |         | 92.2g           | 17.0g          |
| - sugars (g)     |         | 11.1g           | 2.1g           |
| Sodium (g)       |         | 1660mg          | 308mg          |

## Lunch

| Lunch            | Avg Qty | Per Serving     | Per 100g       |
|------------------|---------|-----------------|----------------|
| Energy (kJ)      |         | 2480kJ (593Cal) | 611kJ (146Cal) |
| Protein (g)      |         | 27.5g           | 6.8g           |
| Fat, total (g)   |         | 45.0g           | 11.1g          |
| - saturated (g)  |         | 9.4g            | 2.3g           |
| Carbohydrate (g) |         | 18.0g           | 4.4g           |
| - sugars (g)     |         | 13.0g           | 3.2g           |
| Sodium (mg)      |         | 658mg           | 162mg          |

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](https://hellofresh.com.au/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.com.au/contact](https://hellofresh.com.au/contact)

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## Cook the rice

Add the **water** to a medium saucepan and bring to the boil. Add **jasmine** rice. Stir, cover with a lid and reduce heat to low. Cook for **12 minutes**, then remove pan from heat. Keep covered until rice is tender and all water is absorbed, **10-15 minutes**.

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



## Cook the meatballs & sauce

Return frying pan to medium-high heat with a drizzle of **olive oil**. When oil is hot, cook **meatballs**, turning, until browned and cooked through, **8-10 minutes** (cook in batches if your pan is getting crowded). Transfer to a bowl. In a small saucepan, heat a drizzle of **olive oil** over medium-high heat. Cook **garlic** and **makrut lime leaves** until fragrant, **1 minute**. Add **coconut milk**, **brown sugar** and **fish sauce & rice vinegar mix**. Cook, stirring occasionally, until sauce is heated through and fragrant, **2-3 minutes**. Remove from heat.



## Get prepped

While rice is cooking, thinly slice **carrot** into half-moons. Trim **snow peas** and cut into thirds. Trim **green beans** and cut into halves. Finely chop **garlic**. De-stem the **makrut lime leaves** and very finely slice. Roughly chop **herbs**. In a large bowl, combine **beef mince**, the **salt**, **Southeast Asian spice blend**, **egg** and **fine breadcrumbs**. Using damp hands, roll heaped spoonfuls of **mixture** into small meatballs (8-10 per person). Transfer to a plate.



## Serve dinner

Set aside two portions of meatballs for lunch. Divide rice between bowls and top with the ginger soy veggies and beef meatballs. Spoon over the Thai coconut sauce. Sprinkle with chopped herbs to serve.



## Cook the veggies

In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **carrot** and **green beans** until tender, **3-4 minutes**. Add **snow peas** and cook until softened, **1-2 minutes**. Add **ginger paste** and the **soy sauce** and cook until fragrant, **1 minute**. Transfer to a plate and cover to keep warm.



## Make lunch

When you're ready to pack lunch, roughly chop **cucumber**. Divide **sesame dressing**, **garlic aioli**, a drizzle of olive oil and a generous pinch of salt and pepper between two containers. Stir to combine. Top with **slaw mix**, cucumber and reserved meatballs, then refrigerate. At lunch, remove the meatballs and microwave on a plate until piping hot, **2-3 minutes**. Toss slaw to combine. Season to taste. Top with meatballs. Sprinkle with **crispy shallots** to serve.

## Enjoy!

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