



Thai-Style Yellow Beef Meatball Curry

with Charred Courgette and Jasmine Rice

Classic 40 Minutes • Little Heat • 1.5 of your 5 a day

2



-  Echalion Shallot
-  Carrot
-  Courgette
-  Spring Onion
-  Lime
-  Jasmine Rice
-  Beef Mince
-  Thai Spice Blend
-  Plain Flour
-  Yellow Curry Paste
-  Coconut Milk
-  Chicken Stock Powder

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Chopping Board, Sharp Knife, Frying Pan, Saucepan and Mixing Bowl.

Ingredients

	2P	3P	4P
Echalion Shallot**	1	1	2
Carrot**	1	1	2
Courgette**	1	2	2
Spring Onion**	1	2	2
Lime**	½	1	1
Water for the Rice*	300ml	450ml	600ml
Jasmine Rice	150g	225g	300g
Beef Mince**	240g	360g	480g
Thai Spice Blend 3)	1 small pot	1 large pot	1 large pot
Plain Flour 13)	8g	12g	16g
Yellow Curry Paste	1 sachet	1½ sachets	2 sachets
Coconut Milk	200ml	300ml	400ml
Water for the Curry*	150ml	225ml	300ml
Chicken Stock Powder	1 sachet	2 sachets	2 sachets

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	552g	100g
Energy (kJ/kcal)	3540 /846	642 /153
Fat (g)	41	7
Sat. Fat (g)	24	4
Carbohydrate (g)	82	15
Sugars (g)	14	3
Protein (g)	35	6
Salt (g)	2.12	0.38

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

3) Sesame 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.

Contact

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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 into rounds. Remove the ends from the **courgette**, halve lengthways, chop into 2cm wide strips. Chop into 2cm chunks. Trim the **spring onion**, thinly slice. Zest and halve the **lime**. Heat a frying pan on high heat (no oil). Add the **courgette**, dry fry until nicely charred, 6-8 mins total. Turn every 2 mins. Remove to a bowl once charred.



Fry the Meatballs

Once the **courgette** is removed, pop your frying pan back on medium-high heat with a drizzle of **oil**. Once hot, add the **meatballs**, fry until browned on the outside, 5-6 mins. Turn every 2 mins. **TIP: Drain any excess fat from the pan.** Remove to a plate (we'll finish cooking them later). 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, stirring frequently until the veg is soft, 5-6 mins.



Cook the Rice

Meanwhile, pour the **water** for the rice (see ingredients for amount) into a saucepan and bring to the boil. Once 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).



Simmer

Add the **yellow curry paste** to the **carrot** and **shallot** and cook, stirring well, for 1 minute. Add in the **meatballs** and pour in the **coconut milk** and **water** (see ingredient list for amount). Add the **chicken stock powder** and season with **salt** and **pepper**. Bring to the boil, simmer until the sauce has thickened and the **meatballs** are cooked, 9-12 mins. **IMPORTANT: The meatballs are cooked when no longer pink in the middle.**



Make the Meatballs

While the rice cooks, pop the **beef mince** into a bowl and add the **Thai spice** (add less if you don't like spice), **flour**, **lime zest** and season with **salt** and **pepper**. Mix with your hands until well combined, shape into 5 evenly sized meatballs per person, pop them on a plate. **IMPORTANT: Wash your hands after handling raw meat.**



Finish and Serve

Once the **curry** is cooked, stir in the **charred courgette** and cook for 1 minute. **TIP: Add a splash of water if you feel it needs it.** Remove the pan from the heat, squeeze in **half the lime juice**, then taste and add more **lime juice**, **salt** and **pepper** to taste. Fluff up the **rice** and spoon into bowls. Top with the **curry**, sprinkle over the **spring onion**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.