

Beef Meatballs & Mumbai Tomato Sauce

with Brown Rice & Herby Yoghurt

Grab your Meal Kit with this symbol



Brown Rice



Fine Breadcrumbs



Garlic Paste



Cucumber



Tomato



Herbs



Salad Leaves



Mumbai Spice Blend



Tomato Paste



Beef Mince



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!

Prep in: 25-35 mins
Ready in: 35-45 mins

Dietician Approved

Beef meatballs become super scrumptious when coated in a tomato based sauce, mildly spiced and all on top of a helping of brown rice, tossed through with salad leaves. A cooling yoghurt soothes everything and brings this delicious dish to perfection.

Pantry items

Olive Oil, White Wine Vinegar, Brown 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 · Large frying pan

Ingredients

| | 2 People | 4 People |
|----------------------------------|-----------------|-----------------|
| olive oil* | refer to method | refer to method |
| brown rice | 1 packet | 2 packets |
| water* (for the rice) | 3 cups | 6 cups |
| beef mince | 1 packet | 1 packet |
| fine breadcrumbs | 1 packet | 1 packet |
| garlic paste | 1 packet | 1 packet |
| cucumber | 1 (medium) | 1 (large) |
| tomato | 1 | 2 |
| herbs | 1 bag | 1 bag |
| salad leaves | 1 small bag | 1 medium bag |
| white wine vinegar* | drizzle | drizzle |
| Greek-style yoghurt | 1 medium packet | 1 large packet |
| Mumbai spice blend | 1 sachet | 2 sachets |
| tomato paste | 1 packet | 2 packets |
| water* (for the sauce) | ½ cup | ¾ cup |
| brown sugar* | 1 tsp | 2 tsp |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 2878kJ (687Cal) | 655kJ (156Cal) |
| Protein (g) | 40.5g | 9.2g |
| Fat, total (g) | 22.2g | 5.1g |
| - saturated (g) | 10g | 2.3g |
| Carbohydrate (g) | 75g | 17.1g |
| - sugars (g) | 11.6g | 2.6g |
| Sodium (mg) | 893mg | 203mg |

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Cook the brown rice

- In a medium saucepan, bring **brown rice** and **water (for the rice)** to the boil over high heat.
- Reduce heat to medium and simmer, uncovered, until rice is soft, **25-30 minutes**. Drain and return to saucepan. Season to taste.

4



Make the salsa & yoghurt

- While the meatballs are cooking, roughly chop **cucumber, tomato** and **herbs**.
- In a second medium bowl, combine **cucumber**, 1/2 the **salad leaves** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste and set aside.
- In a small bowl, combine **Greek-style yoghurt** (reserving a dollop for the sauce) and **herbs**. Set aside.

2



Make the meatballs

- Meanwhile, combine **beef mince**, **fine breadcrumbs**, 1/2 the **garlic paste** and a good pinch of **salt** and **pepper** in a medium bowl.
- Using damp hands, roll heaped spoonfuls of **beef mixture** into small meatballs (4-5 per person). Transfer to a plate.

TIP: The garlic paste helps to bind the meatballs!

5



Make the sauce

- Wipe out the frying pan, then return to medium-low heat with a drizzle of **olive oil**. Cook **tomato** with a splash of **water** until softened, **2-3 minutes**.
- Add **Mumbai spice blend**, **tomato paste** and remaining **garlic paste** and cook until fragrant, **1 minute**.
- Stir in **water (for the sauce)** and the **brown sugar**. Remove from heat, then stir through **meatballs** and reserved **yoghurt**, tossing to coat. Season to taste.

3



Cook the meatballs

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

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

6



Serve up

- Stir remaining salad leaves through brown rice.
- Divide brown rice between bowls. Top with beef meatballs.
- Spoon remaining Mumbai tomato sauce over meatballs.
- Serve with cucumber salsa and herby yoghurt. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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