



# Mumbai Beef Meatball Curry

with Garlic Rice & Yoghurt

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Beef Mince



Fine Breadcrumbs



Tomato



Brown Onion



Asian Greens



Mumbai Spice Blend



Tomato Paste



Coconut Milk



Beef-Style Stock Powder



Coriander



Greek-Style Yoghurt

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

Get ready to fall head over heels for this rich, hearty dish that's a splendid symphony of flavours. The secret is cooking up the curry in a single pan so the tender meatballs soak up the Indian-style spices. With a bed of fluffy garlic rice to finish it off, you better be ready to savour every taste – it'll be gone before you know it!

## Pantry items

Olive Oil, Butter, Egg



## 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	4 cloves	8 cloves
butter*	20g	40g
basmati rice	1 packet	1 packet
water* (for the rice)	1½ cups	3 cups
salt* (for the rice)	¼ tsp	½ tsp
beef mince	1 packet	1 packet
fine breadcrumbs	1 packet	1 packet
egg*	1	2
salt* (for the beef)	¼ tsp	½ tsp
tomato	1	2
brown onion	½	1
Asian greens	1 packet	1 packet
Mumbai spice blend	1 sachet	2 sachets
tomato paste	½ packet	1 packet
coconut milk	1 tin (200ml)	1 tin (400ml)
water* (for the sauce)	2 tbs	¼ cup
beef-style stock powder	1 sachet	1 sachet
coriander	1 bunch	1 bunch
Greek-style yoghurt	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	4632kJ (1107Cal)	737kJ (176Cal)
Protein (g)	48.3g	7.7g
Fat, total (g)	55.7g	8.9g
- saturated (g)	35.5g	5.6g
Carbohydrate (g)	91g	14.5g
- sugars (g)	13.8g	2.2g
Sodium (mg)	1547mg	246mg

## 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**, **water (for the rice)** and **salt (for the rice)**, 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!



### Prep the veggies

While the meatballs are cooking, roughly chop the **tomato**. Finely chop the **brown onion** (see ingredients). Roughly chop the **Asian greens**.



### Make the meatballs

While the rice is cooking, combine the **beef mince**, **fine breadcrumbs**, **egg**, **salt (for the beef)** and the remaining **garlic** in a large bowl. Season with **pepper**. Using damp hands, take a heaped spoonful of **beef mixture** and shape into a small meatball. Transfer to a plate and repeat with the remaining **mixture**. You should get 5-6 meatballs per person.



### Cook the meatballs

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **meatballs**, turning, until browned all over and cooked through, **8-10 minutes**. Transfer to a plate.



### Make the curry

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **onion** until softened, **5-6 minutes**. Add the **Mumbai spice blend** and **tomato paste** (see ingredients) and cook until fragrant, **1-2 minutes**. Add the **Asian greens**, **tomato**, **coconut milk**, **water (for the sauce)** and **beef-style stock powder**, then return the **meatballs** to the pan. Cook until the sauce has thickened slightly, **1-2 minutes**. Season to taste.



### Serve up

Roughly chop the **coriander**. Divide the garlic rice between bowls, then spoon over the beef meatballs and curry sauce. Top with the **Greek-style yoghurt** and garnish with the coriander.

Enjoy!