

Baked Mumbai Beef Meatball Curry

with Carrot-Cauliflower Rice

Grab your Meal Kit
with this symbol



Garlic



Brown Onion



Beef Mince



Fine Breadcrumbs



Carrot



Tomato



Mumbai Spice
Blend



Coconut Milk




Baby Spinach
Leaves



Cauliflower Rice

Prep in: **20-30 mins**
Ready in: **40-50 mins**

 Carb Smart

Looking for a meal that's flavour-packed *and* lower in carbs? Look no further! Bake garlicky beef meatballs in coconut milk and Mumbai spices, then spoon it over carrot-cauliflower rice to soak up all the saucy deliciousness. Dig in!

Pantry items

Olive Oil, Egg, Soy Sauce, Butter

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 or large baking dish · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
brown onion	½	1
beef mince	1 small packet	1 medium packet
fine breadcrumbs	1 medium packet	1 large packet
egg*	1	2
carrot	1	2
tomato	1	2
Mumbai spice blend	1 medium sachet	1 large sachet
coconut milk	1 medium tin	1 large tin
soy sauce*	½ tbs	1 tbs
baby spinach leaves	1 small bag	1 medium bag
cauliflower rice	1 packet (250g)	1 packet (500g)
butter*	20g	40g

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2700kJ (645Cal)	470kJ (112Cal)
Protein (g)	35.9g	6.3g
Fat, total (g)	42.2g	7.4g
- saturated (g)	24g	4.2g
Carbohydrate (g)	26.8g	4.7g
- sugars (g)	13.7g	2.4g
Sodium (mg)	1045mg	182mg
Dietary Fibre (g)	8.2g	1.4g

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



Make the meatballs

Preheat oven to **220°C/200°C fan-forced**. Finely chop **garlic**. Thinly slice **brown onion** (see ingredients). In a medium bowl, combine **beef mince, fine breadcrumbs, the egg, 1/2 the garlic** and a pinch of **salt**. Using damp hands, roll heaped spoonfuls of **mixture** into small meatballs (4-5 per person). Transfer to a baking dish.



Add the curry sauce

When the meatballs are ready, remove baking dish from oven and add **tomato** and **Mumbai sauce mixture**. Turn **meatballs** to coat. Return to oven and bake until sauce is slightly reduced, **8-10 minutes**. Remove from oven. Stir through **baby spinach leaves** until wilted.



Bake the meatballs & onion

Transfer **onion** to the baking dish. Drizzle **meatballs** and **onion** with **olive oil**, then turn to coat. Bake until meatballs are golden and onion is tender, **15-20 minutes**.



Cook the carrot-cauli rice

When the meatballs have **5 minutes** remaining, heat a large frying pan over high heat with a drizzle of **olive oil**. Cook **cauliflower rice** and **carrot** until softened, **3-4 minutes**. Add the **butter** and remaining **garlic** and cook until butter is melted and garlic is fragrant, **1 minute**. Season to taste.



Get prepped

While the meatballs are baking, grate **carrot**. Roughly chop **tomato**. In a second medium bowl, combine **Mumbai spice blend, coconut milk** and the **soy sauce**.



Serve up

Divide the carrot-cauliflower rice between plates. Top with the baked Mumbai beef meatball curry. Spoon over the curry sauce from the baking dish to serve.

Enjoy!

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