



Beef Meatballs & Laksa Coconut Sauce

with Sesame Veggies & Ginger Rice

Grab your Meal Kit with this symbol



Ginger Paste



Jasmine Rice



Carrot



Green Beans



Garlic



Lime



Beef Mince



Fine Breadcrumbs



Southeast Asian Spice Blend



Baby Spinach Leaves



Mixed Sesame Seeds



Coconut Milk



Crispy Shallots

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

Goodness gracious, great balls of spice! This combo of meatballs with laksa sauce had us scratching our heads and licking our lips in equal measure. If you're unsure about it, you've simply got to try this taste sensation.

Pantry items

Olive Oil, Butter, Egg, Brown Sugar, Soy Sauce

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
butter*	20g	40g
ginger paste	½ packet	1 packet
water*	1¼ cups	2½ cups
salt*	¼ tsp	½ tsp
jasmine rice	1 packet	2 packets
carrot	1	2
green beans	1 bag (100g)	1 bag (200g)
garlic	2 cloves	4 cloves
lime	½	1
beef mince	1 small packet	1 medium packet
egg*	1	2
fine breadcrumbs	1 packet	2 packets
Southeast Asian spice blend	1 sachet	2 sachets
baby spinach leaves	1 bag (30g)	1 bag (60g)
mixed sesame seeds	1 sachet	1 sachet
coconut milk	1 box (165ml)	2 boxes (400ml)
brown sugar*	2 tsp	1 tbs
soy sauce*	2 tsp	1 tbs
crispy shallots	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4005kJ (957Cal)	743kJ (178Cal)
Protein (g)	45.3g	8.4g
Fat, total (g)	45g	8.4g
- saturated (g)	23.6g	4.4g
Carbohydrate (g)	85.8g	15.9g
- sugars (g)	13.9g	15.9g
Sodium (mg)	839mg	156mg

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.



Cook the ginger rice

In a large saucepan, melt the **butter** and a dash of **olive oil** over a medium heat. Add the **ginger paste** and cook until fragrant, **1-2 minutes**. Add the **water** and the **salt** and bring to the boil. Add the **jasmine rice**, stir, cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove the pan from the heat and keep covered until the rice is tender and all the water is absorbed, **10-15 minutes**.

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



Cook the meatballs

Return the frying pan with a drizzle of **olive oil** over a medium-high heat. Cook the **meatballs** until browned and cooked through, **8-10 minutes**.



Get prepped

While the rice is cooking, thinly slice the **carrot** into half-moons. Trim the **green beans** and cut into small pieces. Finely chop the **garlic**. Zest the **lime** to get a good pinch, then slice into wedges. In a large bowl, combine the **beef mince**, **egg**, **fine breadcrumbs** and 1/2 the **Southeast Asian spice blend**. Season with **salt**. Using damp hands, take a heaped spoonful of mixture and shape into a small meatball. Transfer to a plate. You should get around 4-5 meatballs per person.



Make the coconut sauce

In a small saucepan, heat a drizzle of **olive oil** over a medium-high heat. Add the **garlic** and the remaining **Southeast Asian spice blend** and cook until fragrant, **1-2 minutes**. Add the **coconut milk**, **brown sugar** and **soy sauce** and cook, stirring occasionally, until heated through and fragrant, **1-2 minutes**. Add the **lime zest** and a squeeze of **lime juice** to taste.



Cook the sesame veggies

Heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. Cook the **carrot** and **green beans** until softened, **4-5 minutes**. Add the **baby spinach leaves** and **mixed sesame seeds** and cook until wilted, **1 minute**. Season to taste and transfer to a plate. Cover to keep warm.



Serve up

Divide the ginger rice between bowls and top with the sesame veggies and beef meatballs. Pour over the laksa coconut sauce. Sprinkle over the **crispy shallots**. Serve with any remaining lime wedges.

Enjoy!