



Mumbai Beef Meatball Curry

with Garlic Rice & Baby Spinach

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Beef Mince



Fine Breadcrumbs



Carrot



Brown Onion



Capsicum



Mumbai Spice Blend



Tomato Paste



Coconut Milk



Vegetable Stock Pot



Baby Spinach Leaves



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 traditional Indian spices. With a bed of fluffy garlic rice to finish it off, make sure to savour every mouthful – 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 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 medium packet	1 large packet
water* (for the rice)	1½ cups	3 cups
beef mince	1 small packet	1 medium packet
fine breadcrumbs	1 medium packet	1 large packet
egg*	1	2
salt*	¼ tsp	½ tsp
carrot	1	2
brown onion	½	1
capsicum	1	2
Mumbai spice blend	1 sachet	2 sachets
tomato paste	½ packet	1 packet
coconut milk	1 medium tin	1 large tin
water* (for the sauce)	2 tbs	¼ cup
vegetable stock pot	1 packet (20g)	1 packet (40g)
baby spinach leaves	1 bag (30g)	1 bag (60g)
Greek-style yoghurt	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4138kJ (989Cal)	656kJ (157Cal)
Protein (g)	45.6g	7.2g
Fat, total (g)	45.2g	7.2g
- saturated (g)	23.3g	3.7g
Carbohydrate (g)	91.3g	14.5g
- sugars (g)	20.4g	14.5g
Sodium (mg)	1815mg	288mg

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 garlic rice

Finely chop the **garlic**. In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium heat. Add 1/2 the **garlic** and cook until fragrant, **1 minute**. Add the **basmati rice**, **water (for the rice)** and a generous pinch of **salt**. 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 has 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, grate the **carrot**. Finely chop the **brown onion** (see ingredients). Roughly chop the **capsicum**.



Make the meatballs

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



Make the curry

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **carrot** and **onion**, stirring, until softened, **5-6 minutes**. Add the **Mumbai spice blend** and **tomato paste** (see ingredients) and cook until fragrant, **1-2 minutes**. Add the **capsicum**, **coconut milk**, **water (for the sauce)** and **vegetable stock pot** and return the **meatballs** to the pan. Cook until the sauce has thickened slightly, **1-2 minutes**. Remove from the heat and stir through the **baby spinach leaves**. Season to taste.



Cook the meatballs

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



Serve up

Divide the garlic rice between bowls and top with the Mumbai beef meatball curry. Serve with the **Greek-style yoghurt**.

Enjoy!