

Slow-Cooked Mumbai Pork Meatball Curry

with Garlic Rice & Cucumber Yoghurt

Grab your Meal Kit with this symbol



Carrot



Garlic



Fine Breadcrumbs



Mumbai Spice Blend



Coconut Milk



Basmati Rice



Cucumber



Cherry/Snacking Tomatoes



Ginger Paste



Greek-Style Yoghurt



Mild Curry Paste



Pork Mince

Recipe Update

Farmers across Australia are still experiencing the impacts of the recent heavy rains. This is affecting our supply of fresh veggies and as such, you may notice some changes to your ingredients. Don't worry, your recipe will be just as delicious!

Prep in: **20-30 mins**
Ready in: **1 hr-1 hr 10 mins**

Filled with hearty pork meatballs, fragrant Mumbai spices and creamy coconut milk, this curry gets slow-cooked in the oven to minimise hands-on time and maximise flavour. Piled on a bed of fluffy basmati rice and topped with cooling cucumber yoghurt, this dinner will have you coming back for seconds!

Pantry items

Olive Oil, Egg, 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

Large ovenproof saucepan with a lid · Medium saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
garlic	4 cloves	8 cloves
pork mince	1 small packet	1 medium packet
fine breadcrumbs	1 medium packet	1 large packet
egg*	1	2
salt*	¼ tsp	½ tsp
ginger paste	1 medium packet	1 large packet
Mumbai spice blend	1 medium sachet	1 large sachet
mild curry paste	1 medium packet	1 large packet
water* (for the curry)	¾ cup	1½ cups
coconut milk	1 medium tin	1 large tin
butter*	20g	40g
basmati rice	1 medium packet	1 large packet
water* (for the rice)	1½ cups	3 cups
cucumber	1	2
cherry/snacking tomatoes	½ punnet	1 punnet
Greek-style yoghurt	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3984kJ (952Cal)	661kJ (158Cal)
Protein (g)	39.4g	6.5g
Fat, total (g)	46.3g	7.7g
- saturated (g)	25.8g	4.3g
Carbohydrate (g)	89.7g	14.9g
- sugars (g)	15.5g	2.6g
Sodium (mg)	2231mg	370mg

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.



Get prepped

- Preheat oven to **200°C/180°C fan-forced**.
- Cut **carrot** into large chunks.
- Finely chop **garlic**.



Bake the curry

- Cover saucepan with a lid or tightly with foil. Bake until meatballs are tender, **40-50 minutes**.
- Remove pan from oven. Stir in **coconut milk**. Re-cover, then bake until heated through, a further **5 minutes**.

TIP: If you don't have an ovenproof saucepan, transfer mixture to a baking dish instead!



Cook the meatballs

- In a medium bowl, combine **pork mince**, **fine breadcrumbs**, the **egg**, the **salt**, 1/2 the **garlic** and a pinch of **pepper**. Using damp hands, roll heaped spoonfuls of **mixture** into small meatballs (4-5 per person). Transfer to a plate.
- In a large ovenproof saucepan, heat a generous drizzle of **olive oil** over high heat. Cook **meatballs**, turning, until browned, **3-5 minutes** (cook in batches if your pan is getting crowded). Transfer to a plate.



Cook the rice

- When the curry has **25 minutes** remaining, heat a medium saucepan over medium heat with the **butter** and a drizzle of **olive oil**. Cook remaining **garlic** until fragrant, **1-2 minutes**.
- Add **basmati rice**, the **water (for the rice)** and a generous pinch of **salt**. Stir and bring to the boil. Reduce heat to low and cover with a lid.
- Cook for **10 minutes**, then remove from heat and keep covered until rice is tender and water is absorbed, **10 minutes**.
- Meanwhile, finely chop **cucumber**. Halve **cherry tomatoes**. In a small bowl, combine **Greek-style yoghurt**, **cucumber**, **cherry tomatoes** and a pinch of **salt** and **pepper**.



Make it saucy

- Return saucepan to medium-high heat with a drizzle of **olive oil**, if needed. Cook **carrot** until starting to brown, **2-3 minutes**.
- Add **ginger paste**, **Mumbai spice blend** and **mild curry paste** and cook until fragrant, **1 minute**.
- Add the **water (for the curry)**, then return **meatballs** to the pan, stirring until combined.



Serve up

- Divide garlic rice and slow-cooked Mumbai pork meatball curry between bowls.
- Top with cucumber yoghurt to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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