

Slow-Cooked Mumbai Pork Meatball Curry

with Garlic Rice & Cucumber Yoghurt

Grab your Meal Kit with this symbol











Fine Breadcrumbs



Mumbai Spice

Blend





Basmati Rice



Cucumber



Cherry/Snacking







Mild Curry Paste



Pork Mince

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

You will need

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

Ingradients

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*	1/4 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)	³⁄₄ 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.



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.



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.



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 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.

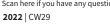


Serve up

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



Scan here if you have any questions or concerns







We need your expertise!

Let our Culinary team know what you thought: hellofresh.com.au/rate