

Meatball Curry

with Rice and Green Beans

hellóchef

A great way to introduce Indian flavours to the little ones!

Cals 1329 • Prot 43 • Carbs 95 • Fat 91

hellochef.com • 04-383-93-99 • hello@hellochef.com

🕒 cook: 30 min

R2272



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Meatballs	2 ppl	3 ppl	4 ppl	
Beef mince	350	525	700	Grams
Red onion	1	1	1	Piece
Garlic cloves	2	3	4	Piece
Olive oil	1	1	2	Tbsp
Panko bread crumbs 10*, 11*, 12*	20	20	40	Grams
Organic Eggs 5*	1	1	2	Piece
Salt	0.5	1	1	Tsp
Black pepper	0.5	0.5	1	Tsp
Sauce				
Olive oil	1	2	2	Tbsp
Curry powder	2	4	4	Grams
Coconut milk	400	400	600	ML
Salt	0.5	1	1	Tsp
Black pepper	0.5	0.5	0.5	Tsp
Rice				
Jasmine rice	150	225	300	Grams
Water	350	525	700	ML
Salt	0.5	0.5	1	Tsp
To serve				
Green beans	250	375	500	Grams

Allergens

*10 Wheat, *11 Gluten, *12 Lupin, *5 Eggs

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	5565 / 1329
Fat (g)	91.1
of which saturates (g)	41.5
Carbohydrate (g)	95
of which sugars (g)	7.5
Fiber (g)	11
Protein (g)	42.6
Salt (g)	0.5

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Boil rice

Preheat oven to 200°C/180°C fan. Rinse **Jasmine rice**. Add **Jasmine rice**, pinch of **salt** and measured **water** to a pan with a lid and bring to boil over high heat. Once boiling, reduce heat to low, cover, and cook for 10-12 min or until **water** is absorbed and **rice** is cooked. Once cooked, remove pan from heat and keep covered until serving. Fluff with a fork before serving.



2 Fry onions

Meanwhile, peel and chop **onion** finely (both for meatballs and **curry**). Peel and finely chop or grate **garlic**. Heat large non-stick pan over medium-high heat with **olive oil**. Once hot, add **onion** and cook for 5 min. Add **garlic** and cook for 1 min further.



3 Make meatballs

Transfer half of the **onion** mixture to a bowl and leave the other half in pan. Add **beef mince, panko** breadorumbs, **eggs, salt** and **pepper** to the bowl. With clean hands, knead mixture until all ingredients are fully combined. Divide mixture into small pieces and shape each piece into meatball. Transfer meatballs to a lined baking tray and bake for 10 min.



4 Make sauce

Return the pan and remaining **onion** mixture to a medium heat. Add **curry powder** and stir for 1-2 min. Add **coconut milk**, bring to boil and simmer for a 3-5 min. Season with **salt** and **pepper**.



5 Add meatballs

Transfer cooked meatballs to sauce and simmer for 5 min further.



6 Boil green beans

Meanwhile, trim and wash **green beans**. Cook **green beans** in a pot of salted boiling **water** for 3-4 min until tender. Drain once tender. Serve alongside meatball **curry** and **rice**.