

Danish Meatballs

with Rice and Curry Sauce

hellóchef

Enjoy a traditional Danish dish with juicy meatballs and a delicious curry sauce.

Cals 1231 • Prot 74 • Carbs 143 • Fat 48

Chef's Choice

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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	
Chicken mince	400	500	600	Grams
Brown onion	0.5	0.5	1	Piece
Red apple	1	2	2	Piece
Fresh breadcrumbs 4*, 10*	60	60	120	Grams
Organic Eggs 5*	1	1	2	Piece
Salt	1	1	2	Tsp
Black pepper	1	1	2	Tsp
Vegetable oil	1	2	2	Tbsp
Sauce				
Butter 4*	20	30	50	Grams
Curry powder	8	10	20	Grams
Plain flour 10*, 11*	20	30	50	Grams
Vegetable stock cube 15*	0.5	0.5	1	Piece
Whole milk 4*	400	400	600	ML
Rice				
Basmati rice	150	225	300	Grams
Salt	0.5	1	1	Tsp
Water	300	450	600	ML
Salad				
Carrot	2	3	4	Piece
Lime	1	1	2	Piece
Fresh parsley	15	15	15	Grams
Sunflower seeds	20	30	40	Grams

Allergens

*4 Milk, *10 Wheat, *5 Eggs, *11 Gluten, *15 Celery

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)	5146 / 1231
Fat (g)	47.6
of which saturates (g)	18.2
Carbohydrate (g)	143
of which sugars (g)	28.3
Fiber (g)	12.5
Protein (g)	73.6
Salt (g)	1.8

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



1 Make meatballs

Place the **chicken mince** in a large bowl. Peel and chop the **onion** very finely. Grate the **apple**. Add half the grated **apple, onion, breadcrumbs** and **eggs** to the bowl. Season with **salt** and **pepper**. With clean hands, knead the mixture well until fully combined. Shape into {12/15/18} small **meatballs**. Refrigerate.



2 Cook rice

Meanwhile, rinse the **basmati rice**. Add the **rice**, a pinch of **salt** and the **measured water** to a pot with a lid and bring to a boil over a high heat. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked. Once cooked, remove the pot from heat and keep covered until serving.



3 Fry meatballs

Heat a large pan over a medium heat with a drizzle of **oil**. Once hot, add the **meatballs** and fry for 5-6 min until cooked through. Once the **meatballs** are cooked, transfer them to a plate. Reserve the pan.



4 Prep

Meanwhile, peel and grate the **carrots**. Juice the **lime**. Chop the **parsley**. In a small bowl, combine the **lime** juice, the remaining grated **apple, carrots, parsley** and the **sunflower seeds**.



5 Make sauce

Return the pan over a medium-low heat with the **butter** and **curry powder**. Add the **flour** and crumble the **stock cube** in, until a smooth paste forms. Gradually add the **milk** and whisk for 3-4 min until smooth and thickened without any lumps.



6 Serve

Divide the **rice** among bowls and serve the **meatballs** and **curry sauce** over the top. Serve the **carrot salad** alongside.