



# Slow-Cooked Mumbai Pork Meatball Curry

with Garlic Rice & Cucumber Yoghurt

KID FRIENDLY

Grab your Meal Kit with this symbol



Carrot



Garlic



Pork Mince



Fine Breadcrumbs



Ginger Paste



Mumbai Spice Blend



Mild Curry Paste



Coconut Milk



Baby Spinach Leaves



Basmati Rice



Cucumber



Greek-Style Yoghurt



Beef Mince

Prep in: 20-30 mins  
Ready in: 60-70 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!

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Egg, Butter

## Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

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

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
carrot	1	2
garlic	4 cloves	8 cloves
pork mince	1 small packet	2 small packets OR 1 large packet
fine breadcrumbs	1 medium packet	1 large packet
<b>egg*</b>	1	2
<b>salt*</b>	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
<b>water*</b> (for the curry)	¾ cup	1½ cups
coconut milk	1 medium tin	1 large tin
baby spinach leaves	1 small packet	1 medium packet
<b>butter*</b>	20g	40g
basmati rice	1 medium packet	1 large packet
<b>water*</b> (for the rice)	1½ cups	3 cups
cucumber	1	2
Greek-style yoghurt	1 medium packet	1 large packet
beef mince**	1 small packet	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3951kJ (944Cal)	655kJ (157Cal)
Protein (g)	39.5g	6.5g
Fat, total (g)	45.9g	7.6g
- saturated (g)	25.6g	4.2g
Carbohydrate (g)	90g	14.9g
- sugars (g)	15.7g	2.6g
Sodium (mg)	2231mg	370mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3977kJ (951Cal)	659kJ (158Cal)
Protein (g)	42.9g	7.1g
Fat, total (g)	44.9g	7.4g
- saturated (g)	26.1g	4.3g
Carbohydrate (g)	90g	14.9g
- sugars (g)	15.7g	2.6g
Sodium (mg)	2233mg	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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

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## 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**.
- When curry is ready, stir in **baby spinach leaves** until just wilted.

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



## Make the meatballs

- In a medium bowl, combine **pork mince**, **fine breadcrumbs**, the **egg**, the **salt**, half 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.

**Custom Recipe:** If you've swapped to beef mince, prep and cook beef meatballs in the same way as the pork meatballs.



## Cook the rice

- When 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**. In a small bowl, combine **Greek-style yoghurt**, **cucumber** 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**, stirring, 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!

## Rate your recipe

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