



SYD+MEL VERSION



Brown Rice



Fine Breadcrumbs



Cucumber



Tomato



Coriander



Mumbai Spice Blend



Tomato Paste



Baby Spinach Leaves



Chicken Mince



Garlic Paste



Greek-Style Yoghurt

Prep in: 25-35 mins
Ready in: 35-45 mins

Eat Me Early

Calorie Smart

Dietitian Approved

You're going to love this saucy number! Chicken meatballs are simmered in a creamy Mumbai-spiced sauce, then served with brown rice and zingy cucumber for added flavour and texture. Don't forget the dollop of cooling coriander yoghurt on top!

Pantry items

Olive Oil, White Wine Vinegar, Brown Sugar

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

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown rice	1 medium packet	1 large packet
water* (for the rice)	3 cups	6 cups
chicken mince	1 medium packet	1 large packet
fine breadcrumbs	1 medium packet	1 large packet
garlic paste	1 packet	2 packets
cucumber	1	2
tomato	1	2
coriander	10g	10g
white wine vinegar*	drizzle	drizzle
Greek-style yoghurt	1 medium packet	1 large packet
Mumbai spice blend	1 medium sachet	1 large sachet
tomato paste	1 packet	2 packets
water* (for the sauce)	½ cup	¾ cup
brown sugar*	pinch	pinch
baby spinach leaves	1 small bag	1 medium bag

* Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2152kJ (514Cal)	507kJ (121Cal)
Protein (g)	39.3g	9.3g
Fvat, total (g)	7.6g	1.8g
- saturated (g)	2.2g	0.5g
Carbohydrate (g)	68.3g	16.1g
- sugars (g)	12g	2.8g
Sodium (mg)	784mg	185mg

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.

1



Cook the brown rice

- In a medium saucepan, bring **brown rice** and the **water (for the rice)** to the boil over high heat.
- Reduce heat to medium and simmer, uncovered, until rice is tender, **25-30 minutes**.
- Drain and return to saucepan. Season to taste.

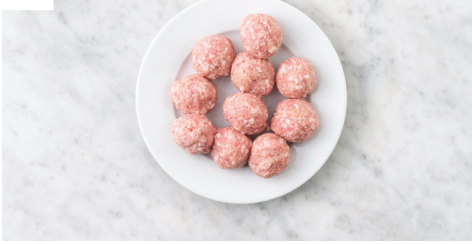
4



Make the sides

- While the meatballs are cooking, roughly chop **cucumber, tomato** and **coriander**.
- In a second medium bowl, combine **cucumber** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste.
- In a small bowl, combine **Greek-style yoghurt** (reserve a dollop for the sauce!) and **coriander**.

2



Make the meatballs

- While the rice is cooking, combine **chicken mince, fine breadcrumbs**, 1/2 the **garlic paste** and a good pinch of **salt** and **pepper** in a medium bowl.
- Using damp hands, roll heaped spoonfuls of **mixture** into small meatballs (4-5 per person). Transfer to a plate.

TIP: The garlic paste helps to bind the meatballs!

5



Make it saucy

- Wipe out frying pan, then return to medium-low heat with a drizzle of **olive oil**. Cook **tomato** with a splash of **water** until softened, **2-3 minutes**.
- Add **Mumbai spice blend, tomato paste** and remaining **garlic paste** and cook until fragrant, **1 minute**.
- Stir in the **water (for the sauce)** and a pinch of **brown sugar**. Remove from heat. Stir through reserved **yoghurt** and cooked **meatballs**. Season to taste.

3



Cook the meatballs

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **meatballs**, turning, until browned and cooked through, **8-10 minutes** (cook in batches if your pan is getting crowded). Transfer to a clean plate.

TIP: The meatballs will char slightly in the pan, this adds to the flavour!

6



Serve up

- Stir **baby spinach leaves** through brown rice.
- Divide brown rice between bowls. Top with Mumbai chicken meatballs, spooning over sauce from the pan.
- Serve topped with zingy cucumber and coriander yoghurt. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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