




Dinner - Thai Coconut Beef Meatballs

Lunch - Thai Beef Meatballs & Sesame Slaw



Grab your Meal Kit with this symbol 



Jasmine Rice



Carrot



Pea Pods



Asian Greens



Garlic



Makrut Lime Leaves



Coriander



Southeast Asian Spice Blend



Fine Breadcrumbs



Coconut Milk



Beef Mince



Ginger Paste



Fish Sauce & Rice Vinegar Mix

For your lunch



Cucumber



Crispy Shallots



Sesame Dressing



Garlic Aioli



Slaw Mix

Pantry items

Olive Oil, Egg, Soy Sauce, Brown Sugar

Prep in: **25-35 mins**
Ready in: **30-40 mins**

Cook an amazing dinner as usual, then put a twist on the recipe to create something different for tomorrow's lunch! The ginger-soy veggies and zingy coconut sauce work wonderfully with the mildly spiced meatballs for dinner - and making extra meatballs will see you throwing together a lunch that'll be the envy of the office.

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your veggies a wash.

You will need

Medium saucepan with a lid · Large frying pan · Small saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
water*	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
carrot	1	2
pea pods	1 small bag	1 medium bag
Asian greens	1 bag	2 bags
garlic	1 clove	2 cloves
makrut lime leaves	2 leaves	4 leaves
coriander	1 bag	1 bag
beef mince	1 medium packet	1 medium & 1 small packet
salt*	½ tsp	¾ tsp
Southeast Asian spice blend	1 large sachet	1 ½ large sachets
egg*	1	2
fine breadcrumbs	1 large packet	1 ½ large packets
ginger paste	1 medium packet	1 large packet
soy sauce*	½ tbs	1 tbs
coconut milk	1 medium tin	2 medium tins
brown sugar*	½ tbs	1 tbs
fish sauce & rice vinegar mix	1 packet (20g)	1 packet (40g)
cucumber	1	1
sesame dressing	1 large packet	1 large packet
garlic aioli	1 medium packet	1 medium packet
slaw mix	1 large bag	1 large bag
crispy shallots	2 medium packets	1 large packet

*Pantry Items

Nutrition

Dinner	Per Serving	Per 100g
Avg Qty		
Energy (kJ)	3470kJ (829Cal)	642kJ (153Cal)
Protein (g)	43.0g	8.0g
Fat, total (g)	28.8g	5.3g
- saturated (g)	14.7g	2.7g
Carbohydrate (g)	92.2g	17.0g
- sugars (g)	11.1g	2.1g
Sodium (g)	1660mg	308mg

Lunch

Lunch	Per Serving	Per 100g
Avg Qty		
Energy (kJ)	2630kJ (629Cal)	525kJ (125Cal)
Protein (g)	40.1g	8.0g
Fat, total (g)	24.7g	4.9g
- saturated (g)	6.1g	1.2g
Carbohydrate (g)	57.5g	11.5g
- sugars (g)	33.3g	6.6g
Sodium (mg)	896mg	179mg

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://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

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1 Cook the rice

- Add the **water** to a medium saucepan and bring to the boil.
- Add **jasmine rice**. Stir, cover with a lid and reduce heat to low.
- Cook for **12 minutes**, then remove from heat.
- Keep covered until rice is tender and water is absorbed, **10-15 minutes**.

TIP: The rice will finish cooking in its own steam, so don't peek.



4 Cook the meatballs & sauce

- Return frying pan to medium-high heat with a drizzle of **olive oil**. When oil is hot, cook **meatballs**, turning, until browned and cooked through, **8-10 minutes** (cook in batches if your pan is getting crowded). Transfer to a bowl.
- In a small saucepan, heat a drizzle of **olive oil** over medium-high heat. Cook **garlic** and **makrut lime leaves** until fragrant, **1 minute**. Add **coconut milk**, **brown sugar** and **fish sauce & rice vinegar mix**. Cook, stirring occasionally, until sauce is heated through and fragrant, **2-3 minutes**. Remove from heat.



2 Get prepped

- While the rice is cooking, thinly slice **carrot** into half-moons. Trim **pea pods** and cut into thirds. Roughly chop **Asian greens**. Finely chop **garlic**. De-stem **makrut lime leaves** and very finely slice. Roughly chop **coriander**.
- In a large bowl, combine **beef mince**, the **salt**, **Southeast Asian spice blend** (see ingredients), the **egg** and **fine breadcrumbs** (see ingredients). Using damp hands, roll heaped spoonfuls of the **mixture** into small meatballs (8-10 per person). Transfer to a plate.

TIP: The makrut lime leaves are fibrous so you want to cut them into small pieces!



5 Serve dinner

- Set aside two portions of meatballs for lunch.
- Divide rice between bowls and top with ginger soy veggies and beef meatballs.
- Spoon over Thai coconut sauce. Sprinkle with coriander to serve. Enjoy!



3 Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **carrot** until tender, **3-4 minutes**.
- Add **pea pods** and **Asian greens** and cook until tender, **1-2 minutes**.
- Add **ginger paste** and **soy sauce** and cook until fragrant, **1 minute**. Transfer to a plate and cover to keep warm.



6 Make lunch

- When you're ready to pack lunch, roughly chop **cucumber**. Divide **sesame dressing**, **garlic aioli**, a drizzle of olive oil and a generous pinch of salt and pepper between two containers. Stir to combine. Top with **slaw mix**, cucumber and reserved meatballs, then refrigerate.
- At lunch, remove the meatballs and microwave on a plate until piping hot, **2-3 minutes**. Toss slaw to combine. Top with meatballs. Sprinkle with **crispy shallots** to serve. Enjoy!

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