

Dinner - Thai Coconut Beef Meatballs Lunch - Thai Beef Meatballs & Sesame Slaw

Grab your Meal Kit with this symbol







Coconut Milk



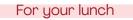


Beef Mince

Ginger Paste



Fish Sauce & **Rice Vinegar Mix**



Cucumber Crispy Shallots Sesame Dressing



Garlic Aioli

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* | 1⁄2 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 | | |

*Pantry Items Nutrition

| Dir | nner | |
|-----|------|--|
| | 0. | |

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| 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 | | |
| | | |

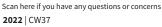
| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 2630kJ (629Cal) | 525kJ (125Cal) |
| Protein (g) | 40.1g | 8.0g |
| Fat, total (g) | 24.7g | 4.9g |
| - saturated (g) | 6.1g | 1.2g |
| Carbohydrate (g) | 57.5g | 11.5g |
| - sugars (g) | 33.3g | 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** for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!





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.



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!



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.



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.



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!



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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