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Thai Meatball Curry with Yoghurt & Rice

These Thai meatballs is the secret to an amazing, fragrant curry. Don't forget to only add half the curry paste if you're shy about spiciness. This one certainly packs a punch!



Prep: 15 mins

Cook: 25 mins

Total: 40 mins



level 1



high
protein

Pantry Items



Water



Olive Oil



Basmati Rice



Coriander



Beef Mince



Red Curry Paste



Zucchini



Diced Tomatoes



Greek Yoghurt

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2P	4P	Ingredients
1 packet	2 packets	Basmati rice, rinsed well
3 cups	6 cups	water *
1 bunch	2 bunches	coriander, stalks finely chopped & leaves picked
1 packet	2 packets	beef mince
1 tbs	2 tbs	olive oil *
½ tub	1 tub	red curry paste (caution: spicy)
1	2	zucchini, cut into 2 cm cubes
1 tin	2 tins	diced tomatoes
1 tub	2 tubs	Greek yoghurt

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	2720	Kj
Protein	38.1	g
Fat, total	19.4	g
-saturated	6.4	g
Carbohydrate	77	g
-sugars	12.1	g
Sodium	823	mg

2a



You will need: *chef's knife, chopping board, sieve, medium saucepan, medium bowl, plate, large frying pan and wooden spoon.*

1 Place the **Basmati rice** and the **water** in a medium saucepan and bring to the boil over a high heat. Reduce the heat to medium and simmer, uncovered, for **8-10 minutes**, or until the rice is soft. Drain.

2 In a medium bowl combine the **coriander stalks** and **beef mince** together. Season with **salt** and **pepper**. Roll the beef mince into meatballs (about the size of a golf ball). You should get 5 for each person. Set aside on a plate.

Flavour tip: If you have garlic add 1 clove for some extra flavour in your meatballs!

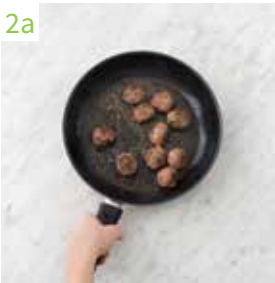
3 Heat the **olive oil** in a large frying pan over a medium-high heat and brown the meatballs for **7-8 minutes**, constantly moving them for even colour on each side. Add the **red curry paste**, **zucchini** and **diced tomatoes** and stir until combined. Simmer for **5-10 minutes** and season with salt and pepper. Now is the time to add more red curry paste if desired.

4 To serve, divide Basmati rice and meatballs between plates. Top with the **Greek yoghurt** and the coriander leaves. Enjoy!

2b



2a



2b



Did you know? The name “Basmati” originates from the Hindi word “bāsmatī”, which means “fragrant”.