



Thai Red Coconut Beef Meatball Curry

with Roasted Veggies & Crushed Peanuts

EXPLORER

Grab your Meal Kit with this symbol



Carrot



Zucchini



Basmati Rice



Garlic



Fine Breadcrumbs



Mild Thai Red Curry Paste



Coconut Milk



Baby Spinach Leaves



Crushed Peanuts



Beef Mince



Pork Mince

Prep in: 20-30 mins
Ready in: 30-40 mins

Let's spice up your average curry by adding in some hearty beef meatballs into the mix. Doused in our stellar Thai red curry paste, these meatballs hit just the spot and packed onto a bed of basmati rice, it couldn't get much better!

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

Pantry items

Olive Oil, Egg, Soy Sauce

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

Oven tray lined with baking paper · Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
zucchini	1	2
water* (for the rice)	1 ½ cups	3 cups
basmati rice	1 medium packet	1 large packet
garlic	2 cloves	4 cloves
beef mince	1 small packet	1 medium packet
fine breadcrumbs	1 medium packet	1 large packet
egg*	1	2
mild Thai red curry paste	1 packet	2 packets
coconut milk	1 medium tin	2 medium tins
water* (for the curry)	¼ cup	½ cup
soy sauce*	½ tbs	1 tbs
baby spinach leaves	1 small bag	1 medium bag
crushed peanuts	1 medium packet	1 large packet
pork mince**	1 small packet	1 medium packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3347kJ (800Cal)	622kJ (149Cal)
Protein (g)	42.4g	7.9g
Fat, total (g)	41g	7.6g
- saturated (g)	21.9g	4.1g
Carbohydrate (g)	90.4g	16.8g
- sugars (g)	18.3g	3.4g
Sodium (mg)	2106mg	392mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3321kJ (794Cal)	617kJ (147Cal)
Protein (g)	39g	7.3g
Fat, total (g)	41.9g	7.8g
- saturated (g)	21.5g	4g
Carbohydrate (g)	90.4g	16.8g
- sugars (g)	18.3g	3.4g
Sodium (mg)	2104mg	391mg

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!

Scan here if you have any questions or concerns

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1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **carrot** and **zucchini** into bite-sized chunks.
- Place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Roast until tender, **25-30 minutes**.

4



Cook the meatballs

- In a large frying pan, heat a generous 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 second medium bowl.

Custom Recipe: Cook pork meatballs in the same way as above.

2



Cook the rice

- Meanwhile, in a medium saucepan, add the **water (for the rice)** and bring to the boil.
- Add **basmati rice**, stir, cover with a lid and reduce the heat to low.
- Cook for **10 minutes**, then remove the pan from heat and keep covered until rice is tender and water is absorbed, **10 minutes**.

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

5



Cook the curry

- **SPICY!** The curry paste is spicy so use a little less if you prefer your curry mild. With **5 minutes** remaining on the veggies, return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **mild Thai red curry paste**, stirring, until fragrant, **1 minute**.
- Stir in **coconut milk, water (for the curry)** and the **soy sauce** until bubbling, **1 minute**.
- Reduce heat to medium and simmer until slightly reduced, **2-3 minutes**.
- Add **roasted veggies, meatballs** and **baby spinach leaves**, stirring, until wilted, **1 minute**.

TIP: For best results, drain the oil from the pan before cooking the sauce.

3



Get prepped

- Meanwhile, finely chop **garlic**.
- In a medium bowl, combine **beef mince, fine breadcrumbs, garlic**, the **egg**, and a generous pinch of **salt**.
- Using damp hands, roll heaped spoonfuls of **mixture** into small meatballs (4-5 per person). Transfer to a plate.

Custom Recipe: If you've swapped to pork mince, combine the pork mince in the same way as the beef mince.

6



Serve up

- Divide rice between bowls.
- Top with Thai red coconut beef meatball curry and **crushed peanuts**. Enjoy!

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