



Masala Pork Meatball Curry

with Charred Courgette and Basmati Rice

27

Calorie Smart

30-35 Minutes • Mild Spice • 1 of your 5 a day • Under 650 Calories



Basmati Rice



Garlic Clove



Breadcrumbs



British Pork Mince



Courgette



Tomato Puree



Curry Powder Mix



Korma Curry Paste



Vegetable Stock Paste



Baby Spinach



Unconventional Plant-Based Burgers

Pantry Items

Oil, Salt, Pepper

Make it Vegetarian

If you chose to make this recipe veggie, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Saucepan, lid, garlic press, bowl and frying pan.

Ingredients

Ingredients	2P	3P	4P
Basmati Rice	100g	150g	200g
Garlic Clove**	1	2	2
Breadcrumbs 13	10g	15g	20g
British Pork Mince**	240g	360g	480g
Courgette**	1	2	2
Tomato Puree	30g	45g	60g
Curry Powder Mix	1 sachet	1 sachet	2 sachets
Korma Curry Paste 9	50g	75g	100g
Vegetable Stock Paste 10	10g	15g	20g
Baby Spinach**	40g	100g	100g
Unconventional Plant-Based Burgers** 11	2	4	4
Pantry	2P	3P	4P
Water for the Rice*	200ml	300ml	400ml
Salt for the Meatballs*	¼ tsp	½ tsp	½ tsp
Water for the Breadcrumbs*	2 tbsps	3 tbsps	4 tbsps
Water for the Sauce*	200ml	300ml	400ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	571g	100g	525g	100g
Energy (kJ/kcal)	2700 /645	472 /113	2177 /520	415 /99
Fat (g)	32.7	5.7	19.3	3.7
Sat. Fat (g)	10.7	1.9	6.4	1.2
Carbohydrate (g)	58.7	10.3	64.7	12.3
Sugars (g)	8.3	1.5	8.5	1.6
Protein (g)	32.1	5.6	22.6	4.3
Salt (g)	3.97	0.69	4.15	0.79

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

9) Mustard **10)** Celery **11)** Soya **13)** Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

SOURCE OF PROTEIN - Protein contributes to the maintenance of muscle mass.

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Get the Rice On

Preheat your oven to 220°C/200°C fan/gas mark 7.

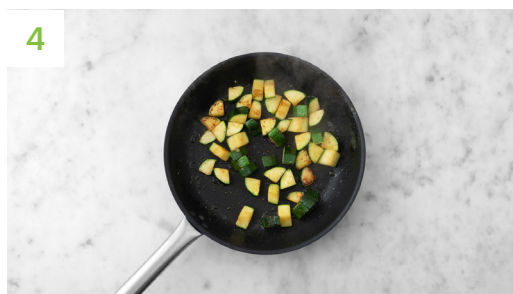
Pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and **¼ tsp salt** and bring to the boil.

Once boiling, turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).

Meanwhile, peel and grate the **garlic** (or use a garlic press).

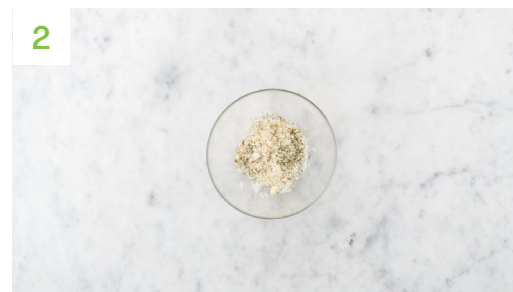


Char the Courgette

Meanwhile, trim the **courgette**, then quarter lengthways. Chop widthways into 1cm chunks.

Heat a drizzle of **oil** in a large frying pan on high heat. When hot, add the **courgette** and cook until charred, 6-8 mins total. Turn only every couple of mins.

Once cooked, season with **salt** and **pepper**, then transfer the **courgette** to a bowl and cover to keep warm.



Make the Meatballs

In a large bowl, combine the **garlic**, **breadcrumbs**, **salt** and **water for the breadcrumbs** (see pantry for both amounts), then add the **pork mince**.

Season with **pepper** and mix together with your hands. Roll into evenly-sized balls, 5 per person, then pop onto a large baking tray. **IMPORTANT:** Wash your hands and equipment after handling raw mince.

Make it Vegetarian

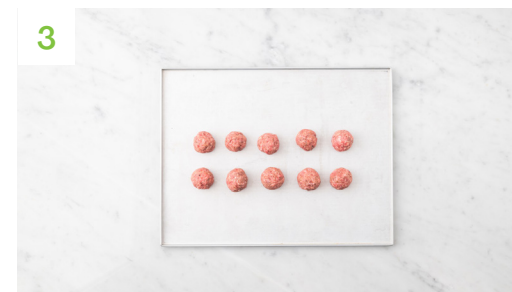
If you've chosen the veggie version, break up the **plant-based burgers**, then combine with the **garlic**. Shape into balls, 2 per person. Place the **balls** on a lined baking tray and bake, 12-14 mins, in the next step. **TIP:** Omit the breadcrumbs, salt and water for the meatballs. **IMPORTANT:** Ensure they're piping hot throughout.



Add the Flavour

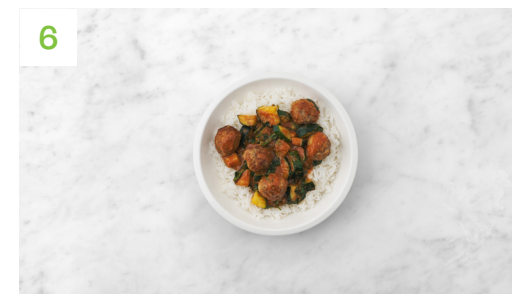
Pop the (now empty) pan back on medium heat with another drizzle of **oil**. Add the **tomato puree**, **curry powder mix** and **korma curry paste**, then fry for 30 secs.

Stir in the **vegetable stock paste**, **water for the sauce** (see pantry for amount) and a pinch of **sugar** (if you have any). Bring to the boil, then lower the heat and simmer until thickened, 4-5 mins.



Time to Bake

When the oven is hot, bake the **meatballs** on the top shelf until browned on the outside and cooked through, 12-15 mins. **IMPORTANT:** The meatballs are cooked when no longer pink in the middle.



Finish and Serve

Once the **sauce** has thickened, add the **spinach** to the pan a handful at a time until wilted and piping hot, 1-2 mins. Remove from the heat.

When the **meatballs** are ready, gently stir them into the **curry sauce** along with the **charred courgette**.

Share the **rice** between your serving bowls and spoon over the **curry** to finish.

Enjoy!