



Beef Meatball Satay with Green Beans and Carrot

Family 30-35 Minutes • Medium Spice • 1 of your 5 a day

10



Jasmine Rice



Lime



Garlic Clove



Breadcrumbs



British Beef Mince



Green Beans



Carrot



Yellow Thai Style Paste



Peanut Butter



Coconut Milk



Soy Sauce



Also spelled as 'sate' in Indonesia, satay typically consists of skewered meat served with peanut sauce. Meatballs keep it simple whilst a quick sauce makes a deliciously easy way to elevate your dinner and try something new.

Pantry Items

Oil, Salt, Pepper, Sugar

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, fine grater, garlic press, bowl, baking tray and frying pan.

Ingredients

Ingredients	2P	3P	4P
Jasmine Rice	150g	225g	300g
Lime**	1	1½	2
Garlic Clove**	2	3	4
Breadcrumbs 13)	10g	15g	20g
British Beef Mince**	240g	360g	480g
Green Beans**	80g	150g	160g
Carrot**	1	2	2
Yellow Thai Style Paste	45g	67g	90g
Peanut Butter 1)	30g	45g	60g
Coconut Milk	180ml	250ml	360ml
Soy Sauce 11) 13)	15ml	25ml	30ml
Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Salt for the Breadcrumbs*	¼ tsp	½ tsp	½ tsp
Water for the Breadcrumbs*	2 tbsp	3 tbsp	4 tbsp
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	644g	100g
Energy (kJ/kcal)	3721/889	578/138
Fat (g)	47.2	7.3
Sat. Fat (g)	23.7	3.7
Carbohydrate (g)	77.0	12.0
Sugars (g)	8.8	1.4
Protein (g)	40.9	6.4
Salt (g)	3.66	0.57

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

1) Peanut **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.

Contact

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Cook the Rice

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).



Fry the Veg

Meanwhile, trim the **green beans**, then cut into thirds. Trim the **carrot**, then slice into ½cm thick rounds (no need to peel).

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Add the **green beans** and **carrot**. Stir-fry until tender, 6-7 mins. Season with **salt** and **pepper**.

Lower the heat, then add the **yellow Thai style paste** (add less if you'd prefer things milder) and stir-fry until fragrant, 1-2 mins.



Make your Meatballs

Meanwhile, zest and cut the **lime** into wedges. Peel and grate the **garlic** (or use a garlic press).

In a large bowl, combine the **garlic**, **lime zest**, **breadcrumbs**, **salt** and **water for the breadcrumbs** (see pantry for both amounts), then add the **beef mince**. Season with **pepper** and mix together with your hands.

Roll into evenly-sized balls, 5 per person.

IMPORTANT: Wash your hands and equipment after handling raw mince.



Satay Sauce Time

Add the **peanut butter** to the pan. Cook for 30 secs, stirring vigorously. **TIP:** If your peanut butter has hardened, put the sachet in a bowl of hot water for 1 min to loosen.

Stir in the **coconut milk**, **soy sauce** and **sugar for the sauce** (see pantry for amount) until combined and bring to the boil. Simmer until thickened, 3-5 mins.

When the **meatballs** are cooked, add them to the **satay sauce** and simmer, 1-2 mins. Remove from the heat and squeeze in some **lime juice**.

Taste and season with **salt**, **pepper** and more **lime juice** if needed.



Time to Bake

Pop the **meatballs** onto a large baking tray.

When the oven is hot, bake 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.



Serve Up

When everything's ready, fluff up the **rice** with a fork, then share between your bowls.

Top with the **beef meatball satay curry**.

Serve with any remaining **lime wedges** on the side for squeezing over.

Enjoy!