







More Than Food
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Beef Meatball Goulash with Rice

André has created a HelloFresh twist on a classic goulash with herby, smoky meatballs and rice. Authentic goulash or gulyás is a beef dish cooked with onions, paprika, tomatoes and green pepper. Hungarian goulash is neither a soup nor a stew, but something in between; we hope you enjoy this 'stoup'!

 45 mins

 3.5 of your 5 a day

 mealkit

 spicy



Red Onion (1)



Green Pepper (1)



Garlic Clove (2)



Flat Leaf Parsley (1 bunch)



Dried Thyme (1 tbsp)



Ground Coriander (1½ tsp)



Mild Paprika (1½ tsp)



Tomato Purée (1 tbsp)



Chopped Tomatoes (1 tin)



Beef Stock Pot (1)



Water for the Sauce (200ml)



Basmati Rice (150g)



Water for the Rice (300ml)



Beef Mince (250g)



Panko Breadcrumbs (10g)



Baby Spinach (1 bag)



Sour Cream (1 pot)

2 PEOPLE INGREDIENTS


- Red Onion, sliced **1**
- Green Pepper, sliced **1**
- Garlic Clove, grated **2**
- Flat Leaf Parsley, chopped **1 bunch**
- Dried Thyme **1 tsp**
- Ground Coriander **1½ tsp**
- Mild Paprika **1½ tsp**
- Tomato Purée **1 tbsp**
- Chopped Tomatoes **1 tin**

Allergens: Milk, Gluten.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	621 kcal / 2616 kJ	20 g	10 g	70 g	16 g	44 g	2 g
Per 100g	78 kcal / 329 kJ	3 g	1 g	9 g	2 g	6 g	0 g

- Beef Stock Pot **1**
- Water for the Sauce **200ml**
- Basmati Rice **150g**
- Water for the Rice **300ml**
- Beef Mince **250g**
- Panko Breadcrumbs **10g**
- Baby Spinach **1 bag**
- Sour Cream **1 pot**

 Our fruit and veggies may need a little wash before cooking!

Did you know...

Although paprika is often associated with Hungarian cuisine, the peppers from which it is made originated in central Mexico, and were brought to Spain in the 16th century.

Beef Stock Pot Ingredients: Water, Yeast Extract, Flavourings, Salt, Glucose, Sugar, Beef Jus (2%), Stabiliser (Tara Gum), Onion Juice, Ground Bay, Ground Black Pepper.



1 Cut the **red onion** in half through the root. Peel and then slice into thin half moon shapes. Remove the core from the **green pepper** and slice as thinly as you can. Peel and grate the **garlic**. Roughly chop the **parsley**.



2 Heat a saucepan over medium heat and add a splash of **oil**. When the **oil** is hot, add your **onion** and **pepper**. Cook for 5 mins or until soft. Season with **salt** and **black pepper**. Add half your **garlic**, **dried thyme** and **ground coriander** (the leftovers are for the meatballs, so don't use them all!). Add all of the **paprika**.



3 Cook your **veggies** for another 2 mins and then add the **tomato purée** and **chopped tomatoes**. Bring to the boil, stir in the **beef stock pot** and the **water** (amount specified in the ingredient list). Lower the heat to medium and simmer for 15-20 mins.



4 Pop the **basmati rice** into a pot (with a lid). Add the **water** (amount specified in the ingredients list). Bring to the boil on high heat, then lower the heat to medium. Pop the lid on and leave to simmer for 10 mins. After 10 mins, remove your **rice** from the heat and leave to finish cooking in its own steam for another 10 mins.

5 Meanwhile, make the **meatballs**. Pop the **beef mince** into a bowl. Season with **salt** and **black pepper** and then add the leftover **garlic**, **dried thyme** and **ground coriander**. Mix in the **panko breadcrumbs** and squeeze the mixture together into one large ball.

6 Break the large ball into smaller balls (three per person) and roll them well so as they don't fall apart when you cook them. Pop your **meatballs** into your **sauce** to cook. **Tip:** *Make sure they are at least half submerged in the sauce.*

7 Pop the lid on (or cover with foil) and let your **meatballs** cook for 10-12 mins, until no longer pink in the middle. **Tip:** *Turn your meatballs over halfway through to make sure they cook evenly.* When your **meatballs** are cooked, stir in the **baby spinach**, pop the lid back on and cook for another 2-3 mins or until your **spinach** has completely wilted. Taste your **sauce** and add more **salt** and **black pepper** if necessary. Remove from the heat and stir through two-thirds of the **sour cream**.

8 Fluff up your **rice** with a fork. Spoon your **rice** onto your plates and make a well in the centre. Ladle your **beef meatball goulash** into the well and finish with a dollop of **sour cream** and a sprinkling of **parsley**.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!