



LAMB MEATBALL CURRY

with Sugar Snap Peas and Rice



HELLO SUGAR SNAP PEAS

Sugar Snap Peas developed in the late 60's. The task was to get something with the sweetness of peas without having to shell them! Here came the sweet pea with the edible pod!



Sugar Snap Peas



Ginger



Lamb Mince



Ground Cumin



Basmati Rice



North Indian Curry Powder



Finely Chopped Tomatoes with Garlic & Onion



Natural Yoghurt

MEAL BAG

Hand on: **25 mins**
Total: **40 mins**

2 of your
5 a day

Medium heat

Family Box

Richly spiced and packed with fragrant, fresh flavours, this is a winning recipe from Head Chef Andre, perfect for your next curry night. Ginger, North Indian curry powder and cumin give a real depth of flavour to the sauce whilst the sugar snap peas keep the dish fresh. Cooling yoghurt helps to thicken the sauce, as well as keeping the heat at bay. Serve with basmati rice and tuck in!



BEFORE YOU START

Our fruit and veggies may need a **little wash** before you use them! Make sure you've got a **Fine Grater, Mixing Bowl, Measuring Jug, Large Saucepan** (with a **Lid**) and **Large Frying Pan** (with a **Lid**). Now, let's get cooking!



1 GET PREPPED

Boil your kettle with water to use for the rice. Peel and grate the **ginger**. Pop the **lamb mince** in a mixing bowl and sprinkle over **half the cumin** and a good pinch of **salt** and **pepper**. Mix well to evenly combine, then shape the **mince** into four **meatballs** per person. Pop them onto a plate as you make them. **! IMPORTANT:** Remember to wash your hands and equipment after handling raw meat!



2 COOK THE RICE

Pour the **water** (see ingredients for amount) into a large saucepan and bring to the boil. When boiling, stir in the **rice** and a pinch of **salt**, lower the heat to medium and pop a lid on the pan. 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).



3 BROWN THE MEATBALLS

Heat a drizzle of **oil** in a large frying pan over medium-high heat. When hot, add the **meatballs**. Fry them, turning occasionally, until browned all over, 4-5 mins. **★ TIP:** Do this in batches to brown rather than stew the meatballs!



4 START THE SAUCE

Once browned, turn down the heat slightly, then add the **ginger, North Indian curry powder** and remaining **cumin**. Stirring, cook for 1 more minute, then pour in the **finely chopped tomatoes**.



5 SIMMER THE CURRY

Bring back to the boil, then reduce the heat slightly. Leave to simmer for 5 mins then stir in the **sugar snap peas**. Pop a lid on the pan (or use tin foil!) and leave to cook for a further 10-15 mins until the **meatballs** are cooked and the **sugar snap peas** are tender. **! IMPORTANT:** The meatballs are cooked when they are no longer pink in the middle.



6 FINISH UP

Once the **meatballs** are cooked, remove the pan from the heat and stir in the **natural yoghurt**. Season to taste with **salt** and **pepper**. Fluff up the **rice** with a fork and divide between your plates. Spoon the **curry** on top and dig in! **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

	2P	3P	4P
Sugar Snap Peas *	1 pack	2 packs	2 packs
Ginger *	½ piece	¾ piece	1 piece
Lamb Mince *	200g	300g	400g
Ground Cumin	1 small pot	¾ large pot	1 large pot
Water*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
North Indian Curry Powder	1 small pot	¾ large pot	1 large pot
Finely Chopped Tomatoes with Garlic & Onion	1 carton	1½ cartons	2 cartons
Natural Yoghurt Yogurt 7) *	½ pouch	¾ pouch	1 pouch

*Not Included

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 494G	PER 100G
Energy (kJ/kcal)	2498 / 597	505 / 121
Fat (g)	16	3
Sat. Fat (g)	6	1
Carbohydrate (g)	78	16
Sugars (g)	17	3
Protein (g)	31	6
Salt (g)	2.05	0.42

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

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