



# Spiced Lamb Meatball Stew

with Rice and Coriander

**CLASSIC** 30 Minutes • Medium Heat



Lamb Mince



Middle Eastern Style Spice Mix



Panko Breadcrumbs



Green Pepper



Finely Chopped Tomatoes with Garlic & Onion



Knorr Chicken Stock Pot



Basmati Rice



Coriander



## Before you start

Our fruit and veggies need a little wash before you use them!

### Basic cooking tools, you will need:

Frying Pan (with a Lid), Measuring Jug and Large Saucepan (with a Lid).

### Ingredients

	2P	3P	4P
Lamb Mince **	200g	300g	400g
Middle Eastern Style Spice Mix	1 small pot	¾ large pot	1 large pot
Panko Breadcrumbs <b>13</b>	10g	15g	20g
Water for the Meatballs*	1 tbsp	1½ tbsp	2 tbsp
Green Pepper**	1	2	2
Finely Chopped Tomatoes with Garlic & Onion	1 carton	1½ cartons	2 cartons
Knorr Chicken Stock Pot	1 pot	1½ pots	2 pots
Water for the Sauce*	100ml	150ml	200ml
Basmati Rice	150g	225g	300g
Water for the Rice*	300ml	450ml	600ml
Coriander**	1 bunch	1 bunch	1 bunch

\*Not Included \*\*Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	475g	100g
Energy (kJ/kcal)	2462 /589	518 /124
Fat (g)	16	3
Sat. Fat (g)	6	1
Carbohydrate (g)	79	17
Sugars (g)	15	3
Protein (g)	29	6
Salt (g)	4.15	0.87

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

**13** Gluten

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.

### Contact

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## 1. Brown the Meatballs

In a bowl, mix the **lamb mince**, **Middle Eastern spices**, **breadcrumbs** and **water** (see ingredients for amount) with a pinch of **salt** and **pepper**. Shape into 3-4 **meatballs** per person. **TIP: Make sure the meatballs are rolled well so that they stick together!** **IMPORTANT: Wash your hands after handling raw meat!** Heat a splash of **oil** in a large frying pan on medium-high heat. When hot, add the **meatballs**. Fry until browned all over, turning frequently, 5-7 mins.



## 4. Finish the Prep

Roughly chop the **coriander** and keep to one side. Quickly do any washing up that needs doing.



## 2. Simmer the Stew

Meanwhile, halve the **pepper**, remove the core and seeds and chop into 2cm chunks. When the **meatballs** are browned, add the **pepper** and stir-fry for 3mins, until softened. Pour in the **chopped tomatoes**, **half the Knorr stock pot**, **water** (see ingredients for amount) and bring to the boil. Add a pinch of **sugar** (if you have some). Stir, reduce the heat, cover the pan with a lid or foil and simmer for 15-20 mins. Stir occasionally.



## 5. Thicken the Stew

When the **meatballs** have been cooking for 15 mins, remove the lid or foil, increase the heat to medium-high and leave to bubble away until the **sauce** is thick and tomatoey, another 5 mins. **IMPORTANT: The meatballs are cooked when they are no longer pink in the middle.**



## 3. Cook the Rice

Pour the **water** for the rice (see ingredients for amount) into a saucepan and bring to the boil. When boiling, add the remaining **Knorr stock pot**, stir to dissolve then stir in the **rice**, 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).



## 6. Serve

When the **rice** is cooked, fluff it up with a fork and stir through **half the coriander**. Share between your bowls. Reheat the **meatball stew** until piping hot (if necessary) and spoon on top of the **rice**. Finish with a sprinkling of remaining **coriander**.

**Enjoy!**

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