



# SPICED MEATBALL STEW

with Basmati Rice and Yoghurt



## HELLO COOKBOOK

Our brand NEW cookbook 'Recipes That Work' is available to buy now on Amazon!



Basmati Rice



Green Pepper



Cherry Plum Tomatoes



Beef Meatballs



Rogan Josh Paste



Curry Garnish



Tomato Passata



Natural Yoghurt

MEAL BAG

20 mins

2 of your 5 a day

Medium heat

Rapid recipe

When it comes to comforting crowd-pleasers, any recipe with meatballs in it gets a 'yes' from us! As we're always looking for clever ways to cut down time in the kitchen, our beef suppliers have perfectly seasoned the meatballs so that you don't have to! Packing a serious flavour punch, and bursting with fresh, good-for-you ingredients, this spiced meatball stew is perfect for a quick-fix dinner.

GET **PREPARED!**

Get your **Utensils** ready.

# BEFORE YOU START

🔪 Get your **Utensils** ready. 🧼 **Wash** the veggies. 🍴 Make sure you've got a **Large Saucepan, Sieve, Frying Pan** and **Measuring Jug**. Let's start cooking the **Spiced Meatball Stew with Basmati Rice and Yoghurt**.



## 1 COOK THE RICE

- Bring a large saucepan of water to the boil with a pinch of **salt** for the rice.
- When boiling add the **rice** and cook for 10-12 mins.
- Drain in a sieve, then return to the pan with the lid on, off the heat.



## 2 PREP THE VEGGIES

- Meanwhile, halve, then remove the core from the **pepper** and thinly slice
- Halve the **cherry plum tomatoes**.



## 3 START THE STEW

- Heat a splash of **oil** in a frying pan on medium-high heat.
- Add the **beef meatballs** and fry, turning occasionally, until browned all over, 4 mins.
- Add the **pepper** and stir-fry for another 2 mins.



## 4 SIMMER THE STEW

- Stir in the **cherry tomatoes, rogan josh paste** and **curry garnish**, cook for 30 seconds.
- pour in the **passata, water** (see ingredients for amount) and bring to the boil.
- Reduce the heat and simmer until the **meatballs** are cooked through and the **sauce** has thickened, 6-7 mins.  
**! IMPORTANT:** *The meatballs are cooked when they are no longer pink in the middle.*



## 5 FINISH OFF

- Taste the **stew** and add a pinch of **salt** and **pepper** if needed.



## 6 SERVE

- Serve the **rice** in bowls topped with the **meatball stew**.
- Finish with a dollop of cooling **yoghurt**.

# ENJOY!

# 2 PEOPLE INGREDIENTS

Basmati Rice	150g
Green Pepper, sliced	1
Cherry Plum Tomatoes, halved	1 punnet
Beef Meatballs 14)	240g
Rogan Josh Paste	35g
Curry Garnish 9)	10g
Tomato Passata	1 carton
Water*	100ml
Natural Yoghurt 7)	½ pot

\*Not Included

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 548G	PER 100G
Energy (kcal)	699	128
(kJ)	2925	534
Fat (g)	20	4
Sat. Fat (g)	7	1
Carbohydrate (g)	92	17
Sugars (g)	25	5
Protein (g)	37	7
Salt (g)	4.03	0.74

## ALLERGENS

7) Milk 9) Mustard 14) Sulphites

**Rogan Josh Paste:** Sunflower Oil, Sugar, Water, Tomato Puree, Glucose Syrup, Salt, Ground Spices (Cinnamon, Ginger, Cayenne, Chilli, Cumin, Black Pepper, Clove), Dried Onion, Yeast Extract, Onion Salt, Garlic Salt, Colour (Paprika Extract), Malt Extract, Citric Acid.

**Curry Garnish:** Mustard Seeds (Yellow, Brown), Onion Powder, Garlic Powder, Ground Star Anise, Ground Turmeric, Crushed Chilli, Sunflower Oil.

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

## 👍 THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe or get in touch via: 0207 138 9055 | [hello@hellofresh.co.uk](mailto:hello@hellofresh.co.uk)

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