



Beef Meatball Rogan Josh

with Basmati Rice and Coriander

27

Calorie Smart

35-40 Minutes • Mild Spice • 1 of your 5 a day • Under 650 Calories



Basmati Rice



Coriander



Garlic Clove



North Indian Style Spice Mix



Breadcrumbs



British Beef Mince



Rogan Josh Curry Paste



Tomato Passata



Vegetable Stock Paste



Baby Spinach



Unconventional Plant-Based Burgers

Pantry Items

Oil, Salt, Pepper, Sugar

Make it Vegetarian

If you chose to make this recipe veggie, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Saucepan, lid, garlic press, bowl, baking tray and frying pan.

Ingredients

Ingredients	2P	3P	4P
Basmati Rice	100g	150g	200g
Coriander**	1 bunch	1 bunch	1 bunch
Garlic Clove**	2	3	4
North Indian Style Spice Mix	1 sachet	1 sachet	2 sachets
Breadcrumbs 13)	10g	18g	25g
British Beef Mince**	240g	360g	480g
Rogan Josh Curry Paste	50g	75g	100g
Tomato Passata	1 carton	1½ cartons	2 cartons
Vegetable Stock Paste 10)	10g	15g	20g
Baby Spinach**	40g	60g	80g
Unconventional Plant-Based Burgers** 11)	2	4	4
Pantry	2P	3P	4P
Water for the Rice*	200ml	300ml	400ml
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
Water for the Sauce*	200ml	300ml	400ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	562g	100g	516g	100g
Energy (kJ/kcal)	2581 /617	460 /110	2283 /546	443 /106
Fat (g)	26.4	4.7	19.5	3.8
Sat. Fat (g)	9.1	1.6	6.1	1.2
Carbohydrate (g)	63.4	11.3	69.7	13.5
Sugars (g)	9.4	1.7	9.8	1.9
Protein (g)	35.1	6.3	22.4	4.3
Salt (g)	3.51	0.62	3.69	0.72

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

10) Celery **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.

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1 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).

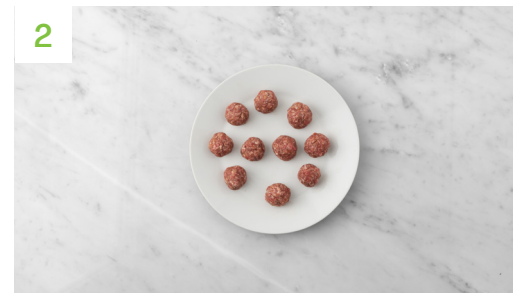
Meanwhile, roughly chop the **coriander** (stalks and all). Peel and grate the **garlic** (or use a garlic press).



4 Curry Up

Heat a drizzle of **oil** in a large frying pan on medium-high heat. Add the **rogan josh curry paste**, the remaining **garlic** and remaining **North Indian style spice mix**. Cook until fragrant, 1 min.

Add the **passata, vegetable stock paste, sugar** and **water for the sauce** (see pantry for both amounts). Stir to combine, bring to the boil, then simmer until thickened, 6-8 mins.



2 Make your Meatballs

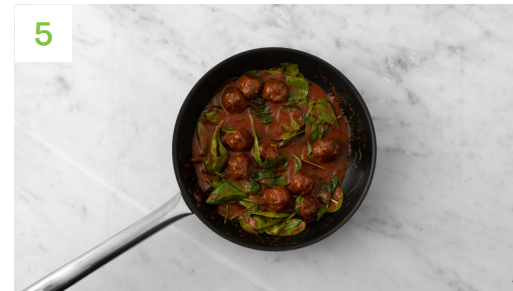
In a large bowl, combine **half** the **garlic**, **half** the **North Indian style spice mix**, the **breadcrumbs, salt** and **water for the breadcrumbs** (see pantry for both amounts), then add the **beef mince**.

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.

Make it Vegetarian

If you've chosen the veggie version, break up the **plant-based burgers**, then combine with the **garlic** and **flavourings**. Shape into balls, 2 per person. Place the **balls** on a lined baking tray and bake, 12-14 mins, in the next step. **TIP:** Omit the breadcrumbs, salt and water for the meatballs. **IMPORTANT:** Ensure they're piping hot throughout.



5 Bring on the Spinach

When the **meatballs** are cooked, stir them through the **curry sauce**.

Add the **spinach** to the pan a handful at a time until wilted and piping hot, 1-2 mins.

Taste the **sauce** and season with **salt, pepper** and more **sugar** if needed.

Make it Vegetarian

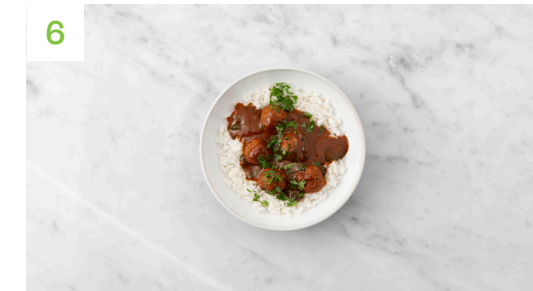
Stir the **balls** gently through the **sauce** before serving.



3 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.



6 Serve Up

Fluff up the **rice** with a fork, then share between your bowls.

Spoon over your **meatball rogan josh**, then sprinkle over the **coriander** to finish.

Enjoy!