



# Lamb Tikka Meatballs

with Garlic Basmati Rice

Discovery

Quick

25 Minutes



Ground Lamb



Tikka Sauce



Basmati Rice



Sweet Bell Pepper



Panko Breadcrumbs



Mild Curry Paste



Shallot



Cream



Garlic, cloves



Cilantro

## HELLO TIKKA SAUCE

*This South Asian-style sauce is the perfect curry base!*

## Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

## Bust out

Baking sheet, measuring spoons, medium pot, large bowl, parchment paper, measuring cups, large non-stick pan

## Ingredients

	2 Person	4 Person
Ground Lamb	250 g	500 g
Tikka Sauce	½ cup	1 cup
Basmati Rice	¾ cup	1 ½ cups
Sweet Bell Pepper	160 g	320 g
Panko Breadcrumbs	¼ cup	½ cup
Mild Curry Paste	2 tbsp	4 tbsp
Shallot	50 g	100 g
Cream	56 ml	113 ml
Garlic, cloves	2	4
Cilantro	7 g	7 g
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 74°C/165°F.

## Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

## Contact

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## Make garlic rice

- Peel, then mince or grate **garlic**.
- Heat a medium pot over medium heat.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **rice** and **half the garlic**. Cook, stirring often, until fragrant, 2-3 min.
- Add **1 ¼ cups water** and **½ tsp salt** (dbl both for 4 ppl) and bring to a boil over high.
- Once boiling, reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove the pot from heat. Set aside, still covered.



## Cook peppers

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **peppers**. Cook, stirring often, until tender-crisp, 3-4 min.
- Season with **salt** and **pepper**.



## Prep

- Meanwhile, core, then cut **pepper** into ½-inch slices.
- Peel, then cut **shallot** into ¼-inch pieces.
- Roughly chop **cilantro**.
- Line a baking sheet with parchment paper.



## Make tikka sauce

- Add **remaining curry paste** to the pan with **peppers**. Cook, stirring often, until fragrant, 30 sec.
- Reduce heat to low, then add **tikka sauce**, **cream** and **¼ cup water** (dbl for 4 ppl). Cook, stirring occasionally, until **sauce** is warmed through, 2-3 min.
- Add **cooked meatballs** to the pan with **sauce**. Toss to coat.



## Form and bake meatballs

- Add **lamb**, **panko**, **shallots**, **remaining garlic** and **half the curry paste** to a large bowl. (**TIP**: If you prefer a firmer meatball, add an egg to the mixture!)
- Season with **½ tsp salt** (dbl for 4 ppl), then combine.
- Roll **mixture** into **8 equal-sized meatballs** (16 for 4 ppl).
- Arrange **meatballs** on the prepared baking sheet.
- Bake in the **middle** of the oven until golden-brown and cooked through, 8-10 min.\*\*



## Finish and serve

- Fluff **rice** with a fork, then stir in **1 tbsp butter** (dbl for 4 ppl) and **half the cilantro**.
- Divide **rice** between plates. Top with **lamb meatballs and tikka sauce**.
- Sprinkle **remaining cilantro** over top.

## Dinner Solved!