



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



Indian Spice Mix

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
Indian Spice Mix	1 tbsp	2 tbsp
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

Call us | (855) 272-7002

HelloFresh.ca

    @HelloFreshCA



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 **⅛ 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**.



Make tikka sauce

- Add **remaining curry paste** and **remaining Indian Spice Mix** 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**, **half the Indian Spice Mix**, **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 a parchment-lined baking sheet.
- Bake in the **middle** of the oven until golden-brown and cooked through, 12-14 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!