



# Spicy Beef Meatball Vindaloo

with Basmati Pilau and Cucumber Raita

FAMILY

SPICY

35 Minutes



Ground Beef



Garlic, bulb



Beef Broth Concentrate



Onion, chopped



Dal Spice Blend



Basmati Rice



Green Peas



Ginger



Italian Breadcrumbs



Crushed Tomatoes



Greek Yogurt



Cucumber

HELLO RAITA

A cooling cucumber and yogurt condiment!

# Start Strong

Before starting, preheat the oven to 450°F and wash and dry all produce.

## Bust Out

Baking Sheet, Garlic Press, Large Bowl, Large Non-Stick Pan, Measuring Spoons, Medium Pot, Parchment Paper, Small Bowl, Zester, Box Grater, Measuring Cups

## Ingredients

	4 Person
Ground Beef	454 g
Garlic, bulb	1
Beef Broth Concentrate	1
Onion, chopped	113 g
Dal Spice Blend 🌶️	2 tbsp
Basmati Rice	1½ cup
Green Peas	⅓ cup
Ginger	30 g
Italian Breadcrumbs	¼ cup
Crushed Tomatoes	1 box
Greek Yogurt	100 g
Cucumber	66 g
Unsalted Butter*	2 tbsp
Oil*	
Salt and Pepper*	

\* Pantry items

\*\* Cook to a minimum internal temperature of 71°C/160°F.

## Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

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

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## 1. COOK RICE

Heat a medium pot over medium heat. When hot, add **2 tbsp butter**, then **half the onions**. Cook, stirring often, until softened, 2-3 min. Add **rice**. Cook, stirring often, until toasted, 1-2 min. Add **2 ½ cups water** and bring to a boil over high heat. Reduce heat to low. Cover and cook, until **rice** is tender and **liquid** is absorbed, 12-14 min.



## 4. START SAUCE

While **meatballs** bake, heat a large non-stick pan over medium-high heat. When hot, add **2 tbsp oil**, then **remaining onions**, **remaining garlic** and **remaining ginger**. Cook, stirring often, until **onions** begin to soften, 2-3 min. Sprinkle over the **Dal Spice Blend**. Cook, stirring often, until fragrant, 1 min.



## 2. MAKE MEATBALLS

While rice cooks, peel, then mince or grate **ginger**. Peel, then mince or grate **garlic**. Combine **beef**, **breadcrumbs**, **half the ginger** and **1 tbsp garlic** in a large bowl. Season with **salt** and **pepper**.



## 5. FINISH SAUCE & MAKE RAITA

Reduce heat to medium. Add **crushed tomatoes**, **broth concentrate** and **½ cup water**. Cook, stirring occasionally, until slightly reduced, 3-4 min. Meanwhile, coarsely grate **cucumber**. Mix the **yogurt** and **cucumber** in a small bowl. Season with **salt** and **pepper**. Set aside.



## 3. BAKE MEATBALLS

Roll **beef mixture** into **equal 2-inch sized meatballs** (you should have 16). Transfer **meatballs** to a parchment-lined baking sheet. Bake in **middle** of oven, until cooked through, 10-12 min.\*\*



## 6. FINISH AND SERVE

Add **meatballs** to the **sauce**. Stir to combine. Fluff **rice** with a fork. Season with **salt**, then add **peas** and stir to warm through. Divide **rice** between bowls. Top with **beef vindaloo**. Dollop over **cucumber raita**.

# Dinner Solved!