



Everything  
But The Chef

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WK42  
2015



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## Goan Meatballs with Turmeric and Fresh Salsa

This very special Goan lamb meatball mix from the flavour alchemists at Nonna's (who else) is the centrepiece of a more subtle breed of Indian cuisine. Pure fiery chilli takes a back seat in this dish as turmeric and creamy coconut shine through. A fresh tomato salsa and brown rice will also have you rethinking the stereotype of unhealthy Indian takeaway with stodgy white rice. It's all good here!

**Prep:** 10 mins

**Cook:** 30 mins

**Total:** 40 mins



level 1



lactose  
free



gluten  
free



high  
protein



spicy

### Pantry Items



Water



Soy Sauce



Brown Rice



Tomato



Red Onion



Coriander



Birdseye Chilli



Lemon



Goan Lamb Mince



Turmeric



Coconut Milk

2P	4P	Ingredients
⅔ cup	1 ⅓ cups	brown rice
1 ½ cups	3 cups	water *
1	2	tomato, finely chopped
½	1	red onion, finely chopped
½ bunch	1 bunch	coriander, leaves & stems finely chopped
1	2	birdseye chilli, deseeded & finely chopped
½	1	lemon, juiced
300 g	600 g	Goan lamb mince
1 tsp	2 tsp	turmeric
1 cup	2 cups	coconut milk, shake well
2 tsp	1 tbs	salt-reduced soy sauce *

⊕ May feature in another recipe

\* Pantry Items

#### Nutrition per serving

Energy	3670	Kj
Protein	41.8	g
Fat, total	41.1	g
-saturated	21.4	g
Carbohydrate	74.4	g
-sugars	10.1	g
Sodium	876	mg

#### Measuretool

0 cm	1 cm	2 cm



**You will need:** chopping board, chef's knife, sieve, medium pot, small bowl, medium frying pan, and a plate.

**1** Place the **brown rice** into a sieve and rinse it with cold tap water until the water runs clear. Place rice and **water** in a medium pot and bring to the boil over a high heat. Cover with a lid and reduce the heat to medium. Simmer, covered, for **25-30 minutes** or until the rice is soft and the water has absorbed.

**2** Meanwhile, combine the **tomato**, **red onion**, **coriander** and **chilli** in a small bowl. Add the **lemon juice** and a pinch of **salt**. Set aside.



**3** Shape the **Goan lamb mince** into meatballs (five per person). Heat a lightly greased medium frying pan over a medium-high heat. Add the meatballs and cook, turning occasionally, for **5-6 minutes**, or until cooked through. Remove the meatballs from the pan and set aside on a plate.

**4** Place the same pan back over a medium heat with any remaining oil from the meatballs. Add the **turmeric** and cook, stirring, for **1 minute** or until fragrant. Add the **coconut milk** and **salt-reduced soy sauce** and bring to a boil. Reduce immediately to a simmer and return the meatballs to the pan. Cook for **2-3 minutes** or until heated through. Season to taste with more soy sauce or a little brown sugar if needed.



**5** To serve, divide the brown rice between bowls. Top with the meatballs and some of the coconut broth. Garnish with the tomato salsa.



**Did you know?** During the middle ages, turmeric was referred to as 'Indian saffron' as it was often a less expensive alternative.