Product Spotlight: Chapati Bread

These chapatis are made fresh here in WA by Mughal foods. We recommend storing them in the fridge to retain optimum freshness.
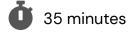
C4 Curried Meatballs

with Chapati Bread

Beef meatballs in a mild and comforting onion curry sauce with sweet potato finished with a dollop of yoghurt and toasted almonds and served with fresh chapati bread.

Make Indian wraps!

Instead of making a curry sauce, you can use the spice mix to flavour the meatballs. Roast the vegetables and place in chapati bread with meatballs and yoghurt to make wraps!

🕐 35 minutes   🍴 4 servings   🥩 Beef

2 September 2022

FROM YOUR BOX

BEEF MINCE	600g
BROWN ONION	1
SWEET POTATO	300g
TOMATOES	2
CURRY SPICE MIX	1 sachet
FLAKED ALMONDS	1 packet
CHAPATI BREADS	6-pack
GREEN BEANS	1 bag (250g)
NATURAL YOGHURT	1 tub

FROM YOUR PANTRY

oil for cooking, salt, pepper, soy sauce, plain flour

KEY UTENSILS

large frypan with lid, frypan

NOTES

For a boost of flavour, you can add crushed garlic or ground cinnamon to the meatballs if you have some.

Curry spice mix ingredients: ground turmeric, cumin, coriander, cinnamon, fenugreek and coconut sugar.

No gluten option – chapati breads are replaced with basmati rice. Place rice in a saucepan, cover with 1.5 x amount of water. Cover with a lid, cook on lowest heat for 10-15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.

1. BROWN THE MEATBALLS

Season beef with **salt and pepper**. Heat a frypan over medium heat with **oil**. Use oiled hands to shape 1 tbsp size meatballs and add to pan as you go. Increase heat to medium-high, cook for 5 minutes until browned. Remove to a plate and keep pan on heat.

2. SAUTÉ THE VEGETABLES

Slice onion, dice sweet potato (1cm), chop tomatoes and add to pan (add oil if needed). Stir in curry spice mix and **2 tbsp flour**. Cook for 3 minutes until softened.

3. SIMMER THE SAUCE

Pour in **2 cups water** and **2 tbsp soy sauce**. Cover and simmer for 10 minutes until thickened and vegetables are softening (see step 5).

4. TOAST NUTS & CHAPATI

Add almonds to a dry frypan over medium-high heat. Toast for 3-4 minutes until golden. Remove from pan.

Toast chapatis in pan for 30 seconds each side. Keep warm in a clean tea towel until serving.

5. RETURN THE MEATBALLS

Trim and slice beans. Add to sauce along with meatballs. Cover and simmer for a further 5 minutes until cooked through. Season with **salt and pepper** to taste.

6. FINISH AND SERVE

Divide curried meatballs among bowls. Garnish with yoghurt and almonds. Serve with chapati bread.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**