




Product Spotlight: Coconut Milk


Coconut milk comes from blending a coconut's meat with water. Lauric acid and capric acid in coconuts are very nourishing, antimicrobial (great for your immune system), anti-inflammatory and healing to the digestive system.



4 Curry Meatballs in Coconut Broth

Beef mince meatballs, spiced with Island Curries Massaman curry paste, a rich coconut based curry with tomatoes and capsicum served over rice.

 30 mins

 2 servings

 Beef

30 April 2021

Per serve: **PROTEIN** 55g **TOTAL FAT** 49g **CARBOHYDRATES** 121g

FROM YOUR BOX

BASMATI RICE	150g
GARLIC	1 clove *
BEEF MINCE	300g
CURRY PASTE	1 sachet
GREEN CAPSICUM	1
BROCCOLI	1
COCONUT MILK	400ml
TINNED TOMATO	1
CORIANDER	1/2 packet *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

salt

KEY UTENSILS

saucepan, oven tray, large pan

NOTES

Use the rice tub to quickly measure up 1.5 x amount of water.

No beef option – beef mince is replaced with **chicken mince**. Cook as per recipe instructions.



1. COOK THE RICE

Set oven to 220°C.

Place rice in a saucepan, cover with 1.5 x amount of water (see notes) and add 1 crushed garlic clove. Cover with a lid, cook over low heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



2. PREPARE MEATBALLS

In a bowl combine mince, 1/4 curry paste sachet and **salt**. Shape into meatballs and place on a lined oven tray. Bake for 12–15 minutes or until cooked through.



3. SIMMER THE BROTH

Heat a pan over medium heat. Chop capsicum and broccoli, add to pan with remaining curry paste, cook stirring for 3–4 minutes. Add coconut milk, tomatoes and **1 tin (400ml) water**, simmer for 5–8 minutes. Season with **salt**.



4. FINISH AND PLATE

Divide garlic rice evenly among bowls. Top with meatballs, coconut broth and roughly chopped coriander.

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**

