Product Spotlight: Coconut Milk

Coconut milk comes from blending a coconut's meat with water. Lauric acid and capris 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   🍴 4 servings   🥩 Beef

30 April 2021

	Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
		44g	28g	70g

FROM YOUR BOX

BASMATI RICE	300g
GARLIC	1 clove *
BEEF MINCE	600g
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.

4. FINISH AND PLATE

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

2. PREPARE MEATBALLS

In a bowl combine mince, 1/2 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.**