

# DINNERLY

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## Goan-Style Beef Meatballs

with Carrot Mash and Yoghurt



30-40 minutes



2 Servings

## WHAT WE SEND

- 40g Goan-style curry paste
- 2 carrots
- beef mince
- 100g Greek-style yoghurt <sup>7</sup>
- 150g peas
- 20g shredded coconut <sup>17</sup>

## WHAT YOU NEED

- garlic clove
- olive oil
- tomato sauce

## TOOLS

- medium frypan
- medium saucepan
- potato masher
- small saucepan

Our veggies come straight from the farm, so please wash them before cooking.

## ALLERGENS

Milk (7), Sulphites (17). May contain traces of other allergens.

## NUTRITION PER SERVING

Energy 590kcal, Fat 34.0g, Carbs 21.4g, Proteins 43.4g



### 1. Boil carrot

Peel and cut the **carrots** into 2cm chunks. Put in a medium saucepan of salted water, bring to the boil, then cook for 12-15 mins until tender. Drain and return to the pan.



### 2. Make meatballs

Meanwhile, crush or finely chop **1 garlic clove**. Put the garlic, **beef mince**, **2 tbs Goan curry paste** (see Cooking tip) and **2 tsp tomato sauce** in a bowl. Using clean damp hands, combine well, then shape into walnut-sized balls.



### 3. Toast coconut

Put the **coconut** in a medium frypan over medium-high heat. Cook, stirring, for 1-2 mins until toasted. Remove from the pan. Heat **2 tsp olive oil** in the same pan over medium heat. Cook the **meatballs**, turning regularly, for 5-6 mins until cooked through.



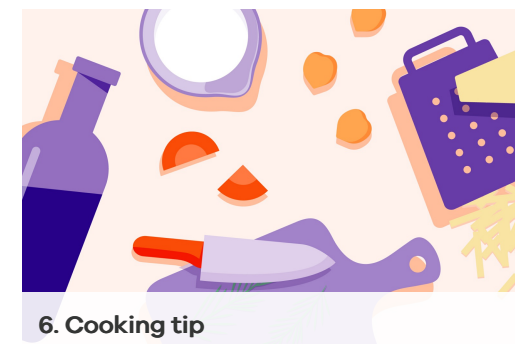
### 4. Cook peas

Meanwhile, bring a small saucepan of salted water to the boil. Add the **peas** and cook for 2 mins or until tender. Drain.



### 5. Serve up

Return the **carrot** to low heat, add **2 tsp olive oil**, season well with **salt and pepper** and lightly smash with a potato masher. Divide the **carrot mash**, **meatballs** and **peas** among plates. Drizzle with the **yoghurt**, scatter with **half the toasted coconut** (see Cooking tip) and enjoy.



### 6. Cooking tip

Have little ones? Goan curry paste has a mild chilli flavour, so reduce the amount to suit their tastes. To keep within our healthy eating guidelines, we recommend you use half the amount of coconut. However, feel free to use it all.