

DINNERLY

Goan-Style Beef Meatballs

with Carrot Mash and Yoghurt



30-40 minutes



4 Servings

WHAT WE SEND

- 20g shredded coconut ¹⁷
- 2 x 150g peas
- 100g Greek-style yoghurt ⁷
- 4 carrots
- beef mince
- 80g Goan-style curry paste

WHAT YOU NEED

- garlic clove
- olive oil
- tomato sauce

TOOLS

- large frypan
- medium saucepan
- potato masher

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 560kcal, Fat 32.8g, Carbs 19.1g, Proteins 41.9g



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 2 **garlic cloves**. Put the garlic, **beef mince**, **80ml (1/3 cup) Goan curry paste** (see Cooking tip) and **1 tbs tomato sauce** in a bowl. Using clean damp hands, combine well, then shape into walnut-sized balls.



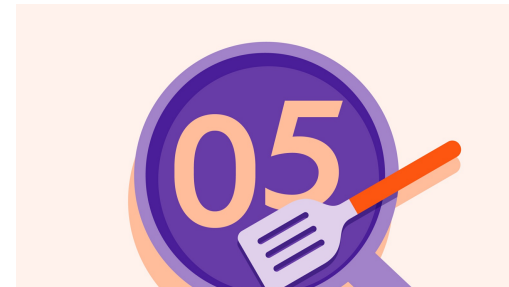
3. Toast coconut

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



4. Cook peas

Meanwhile, bring a medium 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 **1 tbs 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 the **toasted coconut** and enjoy.



6. Cooking tip

Have little ones? Goan curry paste has a mild chilli flavour, so reduce the amount to suit their tastes.

Questions about the recipe? Customer Service: **02 9056 7570** Email: hi@dinnerly.com.au

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from at least **55%**
Australian ingredients