



HELLO
FRESH

Laal Maas Inspired Spicy Lamb Meatball Curry

with Baby Plum Tomatoes, Spinach and Basmati Rice

High Protein

Preparation time : 35 min.



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Find the full recipe and preparation details online.
<https://hfresh.cottey.fr/en-GB/recipes/laal-maas-inspired-spicy-lamb-meatball-curry-389>

Detach me! _____

Before you start

Plan ahead by checking the use-by dates of your ingredients. Rinse fresh produce and prepare the quantities listed below.

Utensils

Baking Tray, Medium Saucepan, Garlic Press, Lid, Bowl

Ingredients for 1-6 people

Ingredient	2p	3p	4p
Basmati Rice (grams)	150	225	300
Garlic Clove (unit(s))	2	3	4
Breadcrumbs (grams)	10	15	20
Lamb Mince (grams)	200	300	400
White Cumin Seeds (sachet(s))	1	1½	2
Baby Plum Tomatoes (grams)	125	190	250
Red Onion (unit(s))	1	1½	2
Chilli Flakes (sachet(s))	1	1	2
North Indian Style Spice Mix (sachet(s))	1	1	2
Greek Style Natural Yoghurt (grams)	150	225	300
Chicken Stock Paste (grams)	10	15	20
Baby Spinach (grams)	40	100	100
Water for the Rice (milliliter(s))	300	450	600
Salt for the Meatballs (tsp)	¼	½	¾
Water for the Meatballs (tbsp)	2	3	4
Sugar for the Sauce (tsp)	1½	2¼	3
Water for the Sauce (milliliter(s))	100	150	200

Add yourself

Salt, pepper, oil and water according to taste.

Nutritional values

Per serving	Amount
Energy (kj)	2856 kj
Energy (kcal)	683 kcal
Fat	23.8 g
of which saturates	11.6 g
Carbohydrate	84.2 g
of which sugars	14.4 g
Dietary Fibre	5.5 g
Protein	35 g
Salt	2.28 g

Allergens

Milk, Wheat, Cereals containing gluten

Always check the product labels for allergen information.



Get Started

Preheat your oven to 220°C/200°C fan/gas mark 7.

Pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and ¼ **tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).

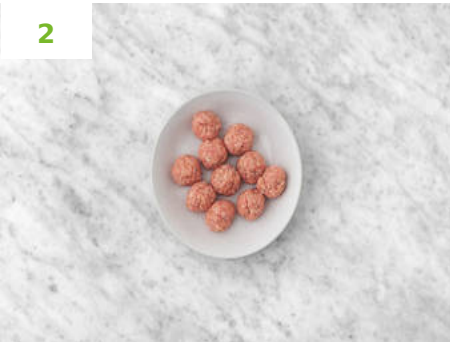


Start the Curry

Meanwhile, halve the **baby plum tomatoes**. Halve, peel and thinly slice the **red onion**.

Heat a drizzle of **oil** and a knob of **butter** (if you have any) in a medium saucepan on medium heat. Once hot, add the **onion**, season with **salt** and **pepper** and fry, stirring occasionally, until golden and softened, 8-10 mins.

Add the **chilli flakes** (add less if you'd prefer things milder), **North Indian style spice mix**, the remaining **cumin seeds** and remaining **garlic**. Stir-fry until fragrant, 1 min more.



Make the Meatballs

Peel and grate the **garlic** (or use a garlic press).

In a large bowl, combine the **breadcrumbs**, **salt** and **water for the meatballs** (see pantry for both amounts), then add the **lamb mince**, **half the garlic** and **half the cumin seeds**.

Season with **pepper** and mix with your hands. Roll into evenly-sized balls, 5 per person. **IMPORTANT: Wash your hands and equipment after handling raw mince.**

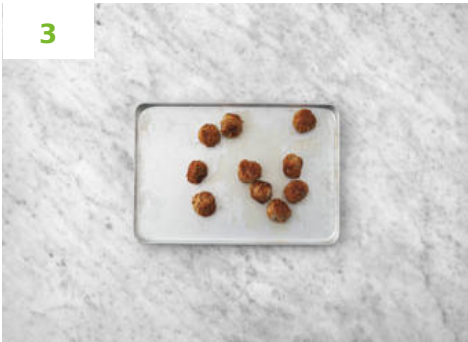


Simmer Simmer

Once fragrant, add the **tomatoes** and a splash of **water** and stir-fry until softened, 2-3 mins.

Once softened, stir in the **yoghurt**, **chicken stock paste**, **sugar** and **water for the sauce** (see pantry for both amounts).

Bring to a boil, stir in the **cooked meatballs**, then lower the heat and simmer until thickened, 5-6 mins.

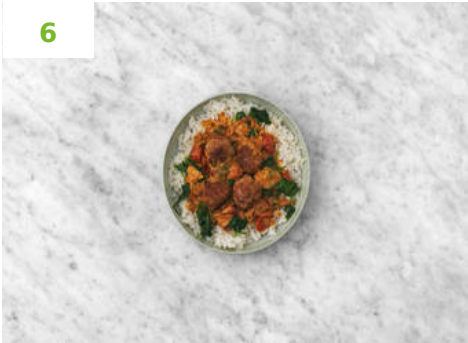


Into the Oven

Pop the **meatballs** onto a large baking tray.

When the oven is hot, bake on the top shelf until browned on the outside and cooked through, 12-15 mins. **IMPORTANT: The meatballs are cooked when no longer pink in the middle.**

Once cooked, set the **meatballs** aside (you'll simmer them in the **curry** later).



Serve Up

When everything's ready, fluff up the **rice** and share between serving bowls.

Top the **rice** with your **lamb meatball curry** to finish.

Enjoy your meal!