



TANDOORI MEATBALL CURRY

with Saag Aloo



HELLO

SAAG ALOO

A delicious Indian dish made of cooked spinach and potatoes with spices

PREP: 15 MIN | TOTAL: 30 MIN | CALORIES: 880



Ground Beef



Mini Yukon Potatoes



Basmati Rice



Red Onion, chopped



Baby Spinach



Tandoori Masala



Garlic



Ginger



Cumin-Turmeric Spice Blend



Coconut Milk



Tomato Paste



Cilantro

BUST OUT

- Small Pot
- Measuring Cups
- Measuring Spoons
- Salt
- Large Pot
- Pepper
- Medium Bowl
- Olive or Canola oil
- Large Non-Stick Pan

INGREDIENTS

2-person | 4-person

- Ground Beef 1 pkg (250 g) | 2 pkg (500 g)
- Mini Yukon Potatoes 1 pkg (340 g) | 2 pkg (680 g)
- Basmati Rice 1 pkg (113 g) | 2 pkg (227 g)
- Red Onion, chopped 1 pkg (113 g) | 2 pkg (227 g)
- Baby Spinach 1 pkg (56 g) | 2 pkg (113 g)
- Tandoori Masala 🌶️ 6 1 pkg (5 tsp) | 2 pkg (10 tsp)
- Garlic 1 pkg (10 g) | 2 pkg (20 g)
- Ginger 30 g | 60 g
- Cumin-Turmeric Spice Blend 1 pkg (2 tsp) | 2 pkg (4 tsp)
- Coconut Milk 1 can | 2 can
- Tomato Paste 1 pkg (1 tbsp) | 2 pkg (2 tbsp)
- Cilantro 1 pkg (10 g) | 1 pkg (10 g)

ALLERGENS

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

- 0 Seafood/Fruit de Mer
- 5 Tree Nut/Noix
- 1 Wheat/Blé
- 6 Mustard/Moutarde
- 2 Milk/Lait
- 7 Peanut/Cacahuète
- 3 Egg/Oeuf
- 8 Sesame/Sésame
- 4 Soy/Soja
- 9 Sulphites/Sulfites

START STRONG

The meatball prep takes the most time, so start this first! Before shaping the meatballs, splash a little water on your hands. It'll help keep the meat from sticking to your palms.



1 PREP MEATBALLS

In a medium bowl, mix the **ground beef** with **half the tandoori masala**. Roll into 1-inch meatballs. Heat a large non-stick pan over medium-high heat. Add a drizzle of **oil**, then the **meatballs**. Cook, turning them occasionally, until golden-brown on all sides, 3-4 min. Transfer to a plate.



4 COOK RICE

Meanwhile, add the **rice** to the boiling water. Reduce the heat to medium-low. Cover and cook until rice is tender, 10-11 min. Meanwhile, heat the same large non-stick pan over medium heat. Add a drizzle of **oil**, then the **reserved onions, remaining tandoori masala, cilantro stems, ginger** and **tomato paste**. Stir together for 1 min.



2 PREP

Wash and dry all produce. Mince or grate the **garlic**. Peel, then mince or grate **1 tbsp ginger** (double for 4 people). Cut the **potatoes** into 1-inch cubes. Chop the **cilantro leaves and stems**, keeping them separate. In a small pot, bring **1 cup salted water** (double for 4 people) to a boil.



5 COOK CURRY

Add **coconut milk, ½ cup water** (double for 4 people) and **meatballs** to the pan. Cover and simmer until the meatballs are cooked through, 5-6 min. Season with **salt** and **pepper**. Stir the **spinach** into the **potatoes** until wilted, 1 min. Season with **salt** and **pepper**.



3 START SAAG ALOO

Heat a large pot over medium heat. Add a drizzle of **oil**, then the **onions** and **garlic**. Cook until softened, 3-4 min. Transfer **half the onions** to a plate. Add the **potatoes, cumin-turmeric spice blend** and **¾ cup salted water** (double for 4 ppl) to the pot. Cover and cook until the potatoes are fork-tender, 11-12 min.



6 FINISH AND SERVE

Divide the **rice** between bowls. Top with the **meatballs** and **saag aloo**. Sprinkle with **cilantro leaves**.

ON THE BALL!

Let the fluffy rice soak up all the meatball sauciness.