



Eat Within 3 Days

UCCOOK

Bertha's Indian-style Beef Meatballs

with basmati rice

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Fan Faves: Serves 3 & 4

Chef: Bertha Winery

Wine Pairing: Bertha Wines | Bertha Shiraz

Nutritional Info	Per 100g	Per Portion
Energy	726kJ	5772kJ
Energy	174kcal	1381kcal
Protein	6.4g	50.6g
Carbs	17g	133g
of which sugars	2.9g	22.8g
Fibre	1.7g	13.5g
Fat	8.9g	70.7g
of which saturated	4.3g	34g
Sodium	174mg	1382mg

Allergens: Cow's Milk, Soya, Gluten, Allium, Wheat

Spice Level: Mild

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
225ml	300ml	White Basmati Rice <i>rinse</i>
450g	600g	Beef Mince
2	2	Onions <i>peel & finely dice 1½ [2]</i>
45ml	60ml	Curry Spice Blend <i>(30ml [40ml] Medium Curry Powder, 7,5ml [10ml] Ground Coriander & 7,5ml [10ml] Cumin Seeds)</i>
300g	400g	Cooked Chopped Tomato
150g	200g	Spinach <i>rinse & roughly shred</i>
150g	200g	Corn
8g	10g	Fresh Coriander <i>rinse & finely chop</i>
300ml	400ml	Fresh Cream
3	4	Rotis
150ml	200ml	Greek Yoghurt

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water

1. FLUFFY RICE Place the rice in a pot with 450ml [600ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. BEEF MMMEATBALLS In a bowl, combine the mince and some seasoning. Separate the mince into 4-5 equal parts per portion, rolling them between your hands to form meatballs. Set aside.

3. INTO THE PAN Place a pan over medium heat with a drizzle of oil. When hot, fry the meatballs until browned and cooked through, 8-10 minutes, shifting as they colour. Remove from the pan.

4. CREAMY CURRY Return the pan to medium heat. Fry the onion until soft and golden, 6-8 minutes, shifting as they colour. Add the curry spice blend and fry until fragrant, 2-3 minutes (shifting constantly). Deglaze the pan with the cooked chopped tomatoes and 150ml [200ml] of water and simmer for 6-8 minutes (stirring occasionally). Add the meatballs, the spinach, the corn, ½ the coriander, the cream and a splash of water. Season and simmer until the spinach is wilted, 2-3 minutes.

5. READY THE ROTI While the curry is simmering, place a clean pan over medium heat. When hot, toast each roti until warmed through, 30-60 seconds per side. Alternatively, spread them out on a plate in a single layer and heat up in the microwave, 30-60 seconds.

6. HURRY, BRING THE CURRY! Dish up the fluffy rice, topped with the curried meatballs. Garnish with the remaining coriander and dollops of yoghurt. Side with the rotis. Dig in, Chef!