













# Plant Based Massaman Meatball Curry with Rice and Green Beans

**Rapid** 35-40 Minutes • Little Heat • 1 of your 5 a day



-  Basmati Rice
-  Onion
-  Garlic Clove
-  Green Beans
-  Spring Onion
-  Salted Peanuts
-  Vivera Plant Meatballs
-  Tomato Puree
-  Massaman Curry Paste
-  Coconut Milk

## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Saucepan, Sieve, Fine Grater (or Garlic Press), Frying Pan.

## Ingredients

	2P	3P	4P
Basmati Rice	150g	225g	300g
Onion**	1	1	2
Garlic Cloves**	2 cloves	3 cloves	4 cloves
Green Beans**	80g	150g	150g
Spring Onion**	1	2	2
Salted Peanuts <b>1)</b>	25g	40g	40g
Vivera Plant Meatballs <b>11)</b> <b>13)**</b>	200g	300g	400g
Tomato Puree	1 sachet	2 sachets	2 sachets
Massaman Curry Paste	50g	75g	100g
Coconut Milk	200ml	300ml	400ml

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	453g	454 g
Energy (kJ/kcal)	3274 /783	723 /173
Fat (g)	35	8
Sat. Fat (g)	18	4
Carbohydrate (g)	82	18
Sugars (g)	10	2
Protein (g)	31	7
Salt (g)	3.07	0.68

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

1) Peanut 11) Soya 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

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## Cook the Rice

**a)** Bring a large saucepan of **water** to the boil with a ¼ tsp of **salt** for the **rice**.

**b)** When boiling, add the **rice** and simmer until tender, 12 mins.

**c)** Drain in a sieve.



## Prep Time

**a)** Meanwhile, halve, peel and finely chop the **onion**.

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

**c)** Trim the **green beans** then chop into thirds.

**d)** Trim the **spring onions** then thinly slice.

**e)** Roughly chop the **peanuts**.



## Brown the Meatballs

**a)** Heat a drizzle of **oil** in a medium frying pan on a medium high heat.

**b)** When hot, add the **Vivera plant meatballs**.

**c)** Fry the **balls** turning frequently until golden and starting to brown all over, 3-4 mins.



## Add the Veggies

**a)** Once the **balls** are browned, add the **chopped onion** and **green beans**.

**b)** Cook until tender, stirring frequently, 3-4 mins.



## Curry in a Hurry

**a)** Add the **garlic**, **tomato puree** and **massaman curry paste**, cook stirring frequently for one minute.

**b)** Add the **coconut milk** and stir together.

**c)** Bring to a boil, season with **salt** and **pepper** and simmer until the **beans** are tender, 2-3 mins.

**d)** Add a splash of **water** to loosen if you need to.

**e)** Once cooked, taste and season with **salt** and **pepper** if you feel it needs it.



## Time to Serve

**a)** Share the **rice** between your bowls.

**b)** Top with the **curry**.

**c)** Sprinkle over the **spring onion** and **chopped peanuts**.

**Enjoy!**