



Granny's Malaysian Meatball Curry

 Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



731 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons breadcrumbs
- 0.5 teaspoon chili powder hot pure to taste (or less)
- 2 tablespoons cilantro leaves finely chopped
- 1 cup coconut milk mixed
- 8 curry leaves fresh
- 2.5 tablespoons curry powder
- 1 large eggs lightly beaten
- 0.8 inch ginger fresh peeled roughly sliced

- 5 cloves garlic peeled roughly chopped
- 1.3 lbs ground beef
- 0.3 teaspoon ground cloves
- 2 onion peeled roughly chopped
- 1 large potatoes peeled cut into medium cubes
- 4 servings salt
- 4 servings salt and pepper
- 2 tablespoons spring onion finely chopped
- 1 star anise
- 2 tablespoons tomato paste
- 3 tablespoons vegetable oil
- 1 cup water

Equipment

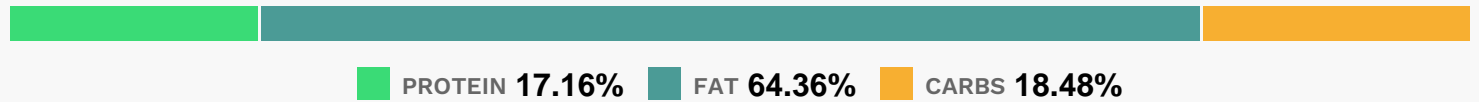
- food processor
- bowl
- blender
- wok

Directions

- Prepare all ingredients before commencing to cook. In a medium-large bowl, combine the beef, breadcrumbs, egg, chopped spring onion and cilantro, with salt and pepper to taste, and place to one side. Grind onion, garlic and ginger to a paste with a stick blender or in a small food processor. In a small bowl, combine Malaysian curry powder, chili powder, ground cloves and a little water, to make a paste.
- Heat the oil over a medium-high flame in a wok, add onion paste, and stir-fry for about 5 minutes.
- Add the curry paste, star anise, cloves, curry leaves, reduce heat to medium, and stir fry until quite toasted and the oil starts to ooze out: this can take 5-10 minutes, but be careful not to burn.

- Add coconut milk and bring slowly to the boil. While curry liquid is boiling start making and dropping in bite sized meatballs – stop occasionally and stir gently. When all meatballs have been added, add tomato paste and salt to taste. Simmer, covered, on medium heat for 10 minutes, adding a little extra water as necessary.
- Add potato and simmer uncovered for another 15 minutes, stirring occasionally, again adding a little water if necessary.
- Serve with bread, roti chani, roti jala or steamed rice.

Nutrition Facts



Properties

Glycemic Index: 92.94, Glycemic Load: 15.48, Inflammation Score: -8, Nutrition Score: 35.589564872825%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 12.3mg, Quercetin: 12.3mg, Quercetin: 12.3mg, Quercetin: 12.3mg

Nutrients (% of daily need)

Calories: 731.41kcal (36.57%), Fat: 53.02g (81.57%), Saturated Fat: 23.76g (148.49%), Carbohydrates: 34.24g (11.41%), Net Carbohydrates: 28.95g (10.53%), Sugar: 4.79g (5.33%), Cholesterol: 147.14mg (49.05%), Sodium: 644.25mg (28.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.81g (63.62%), Vitamin B3: 31.36mg (156.82%), Vitamin C: 66.9mg (81.09%), Folate: 301.1µg (75.28%), Manganese: 1.08mg (53.83%), Vitamin B12: 3.17µg (52.85%), Vitamin B6: 0.96mg (48.03%), Zinc: 7.17mg (47.81%), Iron: 7.66mg (42.57%), Selenium: 29.24µg (41.77%), Phosphorus: 413.53mg (41.35%), Vitamin K: 35.81µg (34.1%), Potassium: 1186.26mg (33.89%), Magnesium: 98.73mg (24.68%), Copper: 0.45mg (22.73%), Vitamin B2: 0.38mg (22.18%), Fiber: 5.29g (21.17%), Vitamin E: 2.88mg (19.17%), Vitamin B1: 0.28mg (18.43%), Vitamin B5: 1.42mg (14.16%), Calcium: 123.77mg (12.38%), Vitamin A: 423.87IU (8.48%), Vitamin D: 0.39µg (2.61%)