



# Meatball Curry

 **Gluten Free**  **Dairy Free**

READY IN

ready

40 min.

SERVINGS

servings

4

CALORIES

calories

645 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.5 teaspoon mustard seeds black
- ☐ 3 tablespoons canola oil
- ☐ 0.5 teaspoon cayenne pepper
- ☐ 2 tablespoons cilantro leaves fresh minced
- ☐ 2 teaspoons ginger fresh minced
- ☐ 14 ounce full-fat coconut milk
- ☐ 5 cloves garlic minced
- ☐ 1 inch ginger minced peeled

- ☐ 1 pound ground beef
- ☐ 2 teaspoons ground coriander
- ☐ 1 teaspoon ground cumin
- ☐ 4 servings kosher salt
- ☐ 2 teaspoons juice of lime half a lime
- ☐ 4 servings serving suggestions: rice such as naan or chapatti or spaghetti.
- ☐ 1 serrano chile green minced
- ☐ 1 cup shallots thinly sliced
- ☐ 2 medium tomatoes diced finely

## Equipment

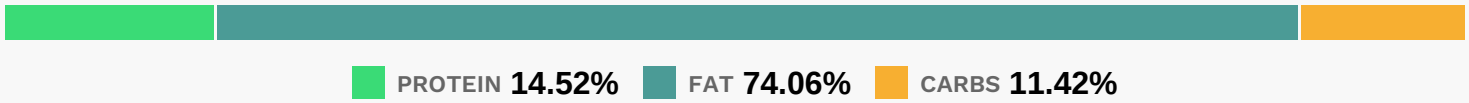
- ☐ bowl
- ☐ frying pan

## Directions

- ☐ For the meatballs: In a large bowl, mix the ground beef, chile, ginger, cilantro and 1 teaspoon salt together using your hands until just combined. (Don't mix any more than this or you'll end up with tough meatballs!) Make 16 balls like this: divide the mixture in half, and then in half again. Take each quarter and divide it into 4 small portions.
- ☐ Roll each portion between your palms until smooth. Set aside and repeat for all 16 meatballs
- ☐ For the curry: In a large skillet over medium-high heat, warm the coconut oil until nearly smoking.
- ☐ Add the mustard seeds, covering the pan with a lid so you don't get popping seeds all over you.
- ☐ When the spluttering subsides, add the shallots, garlic and ginger and cook until golden brown. Then add the ground coriander, cumin and cayenne pepper. Stir, and cook 30 seconds.
- ☐ Add the tomatoes and cook until they soften, about 5 minutes.
- ☐ Add the coconut milk, 1/2 cup of water, 1/2 teaspoon salt and bring to boil. Turn down to a simmer and add the meatballs. Simmer until the meatballs are cooked through, 15 to 20 minutes.

- ☐
- To finish, add the cilantro and lime juice. Shake the pan gently to mix them in, and then taste for seasoning.
- ☐
- Serve over rice, with Indian bread (naan or chapati) or over spaghetti!

# Nutrition Facts



## Properties

Glycemic Index:94.3, Glycemic Load:6.69, Inflammation Score:-7, Nutrition Score:21.429565087609%

## Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

## Nutrients (% of daily need)

Calories: 644.77kcal (32.24%), Fat: 54.96g (84.55%), Saturated Fat: 36.2g (226.27%), Carbohydrates: 19.07g (6.36%), Net Carbohydrates: 15.64g (5.69%), Sugar: 6.52g (7.25%), Cholesterol: 80.51mg (26.84%), Sodium: 295.49mg (12.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.24g (48.47%), Manganese: 1.15mg (57.53%), Vitamin B12: 2.43µg (40.45%), Iron: 7.01mg (38.96%), Zinc: 5.81mg (38.73%), Vitamin B6: 0.72mg (35.92%), Phosphorus: 343.96mg (34.4%), Vitamin B3: 6.08mg (30.42%), Selenium: 19.52µg (27.89%), Potassium: 933.37mg (26.67%), Magnesium: 93.96mg (23.49%), Vitamin C: 17.4mg (21.09%), Copper: 0.42mg (20.95%), Fiber: 3.43g (13.74%), Folate: 53.3µg (13.33%), Vitamin A: 654.29IU (13.09%), Vitamin B2: 0.21mg (12.15%), Vitamin B5: 1mg (9.96%), Vitamin B1: 0.15mg (9.91%), Calcium: 87.8mg (8.78%), Vitamin K: 8.56µg (8.16%), Vitamin E: 0.97mg (6.5%)