FFC
FIT FAST COOK
HOMEMADE IS HEALTHY

Super fast beef Ball Coconut Curry



Serves	Prep Time	Cooking	Total Time	Calories
4 people				**494 kcal**

Stuff that's in it:

- 400G 5% Beer Mince
- 200Ml Light Coconut Milk
- 8G Runny Honey
- 15G Spring Onion
- 250G Lentils
- 20G Red Chilli (Save A Bit For Decoration)
- 2 Tsp Ground Tumeric
- 322G Ripe Tomatoes
- 200G Basmati Rice
- 126G Low Fat Natural Yoghurt
- 3 Cardomom Pods
- 55G Rogan Josh Paste
- 300G Broccoli Florets
- 5G Fresh Ginger
- 8G Garam Masala
- 1 Spray Oil
- 1 Bunch Of Fresh Coriander

What you do:

Boil your kettle and add rice with half the turmeric to pan with water, 2 cups water to 1 cup rice) crush the cardamom pods slightly and pop in, cook for around 10 mins

To make the beef balls, mix the lentils and beef with the garam masala in a bowl, then roll up into balls. Pop your pan on and cook the balls gently until browned all over, around 10 mins or until cooked though

While they are cooking make your sauce.

Add the paste, turmeric, tomatoes, coriander, spring onion, honey, coconut milk, chilli and ginger all into the food processor and blend until you get a smooth-ish sauce. Add to the beef balls, bring to the boil then reduce and simmer for a few mins. Serve with yoghurt and remaining chilli and broccoli and rice.

Nutrition

- Carbs: 60g
- Fat: 12g
- Protein: 40g
- Fibre: 9g

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