



Product Spotlight: Coconut Milk


Coconut milk's principal medium-chain fatty acids are lauric acid and capric acid. Both are very nourishing, antimicrobial (great for your immune system), anti-inflammatory and healing to the digestive system.




Beef Khorma Tray Bake

with Sugar Snap Peas

This mild khorma curry paste from Island Curries makes a beautiful one-dish tray bake full of veggies and grass-fed beef meatballs, served with fresh sugar snap peas and slices of red chilli.

 40 minutes

 2 servings

 Beef

14 July 2023

Bulk it up!

To get extra servings from this dish, serve with a side of cooked rice, naan, pappadums or cooked noodles.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	40g	22g	62g

FROM YOUR BOX

SWEET POTATOES	400g
RED ONION	1
CHERRY TOMATOES	200g
BEEF MINCE	300g
KHORMA CURRY PASTE	1 sachet
TINNED COCONUT MILK	165ml
SUGAR SNAP PEAS	150g
RED CHILLI	1

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

oven dish

NOTES

Use oiled hands to roll the meatballs.

Remove the seeds from the chilli for milder heat.



1. PREPARE THE VEGETABLES

Set oven to 220°C.

Cut sweet potato into crescents. Wedge red onion. Add to a lined oven dish along with cherry tomatoes. Toss with **oil, salt and pepper**.



2. MAKE THE MEATBALLS

Mix beef mince with **salt and pepper**. Roll tablespoonfuls of mixture into meatballs (see notes) and add directly to oven dish.



3. ADD CURRY AND ROAST

Add curry paste and coconut milk to a jug. Whisk to combine. Pour into oven dish over meatballs and vegetables. Bake for 20-30 minutes until vegetables are tender.



4. PREPARE THE TOPPINGS

Trim and thinly slice sugar snap peas. Thinly slice chilli (see notes).



5. FINISH AND SERVE

Serve traybake tableside. Garnish with sugar snap peas and chilli slices.



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