



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 beef meatballs, served with fresh sugar snap peas and slices of red chilli.



40 minutes



2 servings



Beef

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
	48g	65g	73g

FROM YOUR BOX

SWEET POTATO	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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