



Froom balls in creamy masala sauce

with basmati rice and lime



Froom mushroom-based 'meatballs', cooked until golden and then coated in our vibrant and creamy masala sauce. Served up with basmati rice and a refreshing squeeze of lime.

NO ADDED GLUTEN | Freezer friendly, Great for leftovers



Make this dish within 5 days of receiving your meal kit



Cooking equipment: large frying pan, small pot



Pantry items needed: vegetable oil, salt*



Hands-on: 30 minutes
Ready in: 30 minutes



Serves: 2 or 4

Before you start

Read through the recipe and give your fresh produce a wash.

Ingredients

	2 serves	4 serves
Brown onion	100g	200g
Lime	80g (half)	80g
Vegetable oil*	2 tbsp	4 tbsp
Froom balls	1 packet	1 packet
Basmati rice	1 packet	1 packet
Water for rice*	1 cup + 2 tbsp	2½ cups
Masala spice mix	1 packet	1 packet
Salt*	½ tsp	1tsp
Tomato puree	1 can	2 cans
Coconut cream	1 carton	2 cartons

* Pantry items

Instructions

1. Prepare vegetables

Finely dice **onion**. Cut **lime** into wedges for serving (**½ for 2 serves** and **1 for 4 serves**).

2. Cook Froom balls

In a large frying pan over medium heat, add **vegetable oil***. When hot, add **Froom balls** and cook until golden brown, turning roughly every minute. Remove from the pan and place onto kitchen paper towel.

4. Cook rice

Rinse **basmati rice** through a sieve until the water runs clear. In a small pot, add **basmati rice** and **water for rice*** and bring to a boil. Reduce to a simmer and cook, covered, until the **water** has absorbed and **rice** is tender, about **12 minutes**. When cooked, remove from the heat and keep covered until ready to serve.

3. Cook masala sauce

In the same frying pan over medium heat, add **onion** and sauté, stirring, until golden brown, about **6 minutes**. Add **masala spice mix**, **salt*** and cook, stirring constantly for **2 minutes**. Add **tomato puree** and allow to simmer, stirring occasionally, for **15 minutes**.

Add **coconut cream** to **masala sauce** and stir to combine. Add **Froom balls** and bring to a simmer.

6. Serve

Serve **rice** and **Froom balls in creamy masala sauce** into deep bowls with **lime** wedges on the side.

Eat your way to healthy!



Tomatoes are a good source of fibre, antioxidants and several vitamins and minerals, such as vitamin B9, C, K, and potassium.

Tomatoes have been linked to health benefits such as reduced risk of heart disease and cancer, as well as skin health.

Allergens and ingredients

May contain traces of allergens.

For full details of allergen and ingredient information contact us at (02) 8773 4584.

Nutritional information*

	Per 730g serve	Per 100g
Energy	2984kJ (714Cal)	409kJ (98Cal)
Protein	17.4g	2.4g
Fat, total	40.0g	5.5g
- Saturated	25.8g	3.5g
Carbohydrate	65.0g	9.0g
- Sugars	16.0g	2.0g
Sodium	935mg	128mg

* Nutritional information is based on averages