

Chinese Style Curry with Juicy Meatballs

Yield: 5 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/ground-beef-egg-rice-chinese-recipe>

Ingredients:

- 1 1/8 pounds minced beef
- 1 tablespoon soy sauce
- 1 pinch black pepper
- 1 teaspoon ginger minced
- 1 clove garlic peeled and minced
- 2 spring onions scallions finely chopped
- 1 large egg
- 3 tablespoons breadcrumbs freshly grated
- 1 tablespoon vegetable oil
- 1 1/2 teaspoons turmeric
- 1/2 teaspoon spices chinese 5
- 1 tablespoon mild curry powder
- 2 cloves garlic peeled and minced
- 7/8 cup chicken stock
- 7/8 cup beef stock
- 7/8 cup whole milk
- 1 onion peeled and cut into large squares
- 1 red bell pepper chopped into large chunks
- 3 teaspoons sugar granulated/caster or light brown
- 2 teaspoons lime juice
- rice Boiled
- 5 eggs soft-boiled
- fresh coriander
- chili flakes
- pita bread Warm

Nutrition:

1. Calories: 470 calories
2. Carbohydrate: 25 grams
3. Cholesterol: 325 milligrams
4. Fat: 26 grams
5. Fiber: 2 grams
6. Protein: 33 grams
7. SaturatedFat: 9 grams
8. Sodium: 580 milligrams
9. Sugar: 9 grams
10. TransFat: 1 grams

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