



Cheesy Couscous and Curry Balls



INGREDIENTS

RICE PATTY MIX:

- 4 Cups of Water
- 1 Cup of Parboiled Rice
- ¼ Cup of Unsalted Butter
- 1 Tsp of Salt
- ½ Tsp of Pepper
- 2 Eggs
- 1 Cup of Mozzarella, Grated

COATING AND PRESENTATION DETAILS:

- 1 ½ Cups of Couscous, Uncooked
- 2 Eggs, Mixed
- Basil, Chives, Chilli (Optional)
- Light Chutney Sauce
- Sweet Chilli Sauce Mixed with Cream Cheese and/or Mayonnaise

CURRY MEAT FILLING:

- 2 Tbsps. of Oil
- 1/4 Cup of Mozzarella
- 1 Large Onion, Chopped
- 2 Cloves of Garlic, Minced
- 500 g Lean Mince
- 1 ½ Tsp of Ground Ginger
- 2 Tbsps. of Muscovado/Brown Sugar
- 1 Tsp of Mild Curry Powder
- 1 ½ Tsp of Turmeric
- 1 Tsp of Salt
- Pepper, to Taste
- 1-2 Tbsps. of Unsalted Butter
- 2 Tbsps. of Chutney
- 2 Tsp. of Apricot Jam
- 2 Tsp. of Vinegar
- 2 Tsp. of Worcestershire Sauce
- 2 Tsp. of Tomato Paste
- 1 Large Potato or 5-6 Baby Potatoes, Diced

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HOW TO MAKE THE DELICIOUS BALLS:

A) Rice Patty Mix:

- #1 Add the rice, butter, salt and pepper with the water in a medium saucepan on a high heat and bring to a boil.
- #2 Once boiled, simmer for 40 minutes with a lid partially on. Checking now and then that there is still enough water.
- #3 In the meanwhile, mix a cup of mozzarella cheese with two eggs and set aside.
- #4 Once the rice is soft and sticky, remove from the pot and place into a bowl. Stir the mix to bring down the temperature.
- #5 Once the temperature of the rice isn't boiling hot anymore, add the mozzarella cheese and egg mix – mix well.

B) Curry Meat Filling:

- #1 Heat the spices on a medium heat.
- #2 Add the butter, and onion and fry until soft. Once soft, add the crushed garlic and sauté for a further minute or so.
- #3 Now add the mince, muscovado sugar, chutney, vinegar, apricot jam, salt, tomato paste, Worcestershire Sauce, oil and mix.
- #4 Once the mince has browned a bit, add the diced potato and simmer for at least 30 minutes on a low heat.
- #5 Once the meat is caramelised and has simmered sufficiently, remove from the heat and stir in the mozzarella cheese.
- #6 Set aside for when rice patties are done.

C) Making The Couscous Balls:

- #1 Pour the couscous into a bowl, and in a separate bowl add two eggs and whisk briefly.
- #2 Pour your oil in a pot or into your deep fryer and heat to about 190 degrees Celsius.

#3 Now, take the rice patty and scoop some in your hand. Then scoop a generous amount of the curry mince into the rice mix.

#4 Now “close” with the rice mix.

#5 Take some of the egg-mix and coat the mix, while the ball is still in your hand.

#6 Then pop the ball into the couscous mix and make sure it is adequately covered, all sides.

#7 Roll this neatly into a ball and place in the oil.

#8 Fry the ball until golden before removing (between 2 – 4 min). And repeat...

#9 Place the balls on paper towels (to drain any excess oil).

#10 Shred basil/chives, and slice chilli (optional). The balls are best served with a light chutney and or a sweet chilli-cream-cheese/mayonnaise sauce. But your imagination is the limit.

