

Quick Caribbean Beef Rissoles & Sticky Glaze

with Charred Corn Spinach Slaw & Coriander

Grab your Meal Kit with this symbol



Sweetcorn



Baby Spinach Leaves



Garlic



Beef Mince



Fine Breadcrumbs



Mild Caribbean Jerk Seasoning



Onion Chutney



Vegetable Stock Powder



Shredded Cabbage Mix



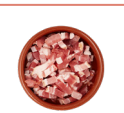
Mayonnaise



Coriander



Long Chilli (Optional)



Diced Bacon

Prep in: 20-30 mins
Ready in: 25-35 mins

Carb Smart

Thanks to our mild Caribbean jerk seasoning and a moreish onion chutney, these are no old-fashioned beef rissoles! Complete the dish with a simple slaw that delivers colour, crunch and a touch of sweetness.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Egg

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweetcorn	1 tin (125g)	1 tin (300g)
baby spinach leaves	1 medium bag	1 large bag
garlic	3 cloves	6 cloves
beef mince	1 small packet	2 small packets OR 1 large packet
fine breadcrumbs	1 medium packet	1 large packet
egg*	1	2
mild Caribbean jerk seasoning	1 medium sachet	1 large sachet
onion chutney	1 packet (40g)	2 packets (80g)
water*	¼ cup	½ cup
vegetable stock powder	½ medium sachet	1 medium sachet
shredded cabbage mix	1 medium bag	1 large bag
mayonnaise	1 medium packet	1 large packet
coriander	1 bag	1 bag
long chilli  (optional)	½	1
diced bacon**	1 packet (90g)	1 packet (180g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2244kJ (536Cal)	558kJ (133Cal)
Protein (g)	38.3g	9.5g
Fat, total (g)	28.6g	7.1g
- saturated (g)	7.5g	1.9g
Carbohydrate (g)	29.7g	7.4g
- sugars (g)	14.4g	3.6g
Sodium (mg)	1714mg	426mg
Dietary Fibre (g)	8g	2g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2632kJ (629Cal)	588kJ (140Cal)
Protein (g)	45.2g	10.1g
Fat, total (g)	35.4g	7.9g
- saturated (g)	10g	2.2g
Carbohydrate (g)	30.5g	6.8g
- sugars (g)	14.9g	3.3g
Sodium (mg)	2144mg	479mg
Dietary Fibre (g)	8g	1.8g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



Get prepped

- Drain **sweetcorn**. Roughly chop **baby spinach leaves**. Finely chop **garlic**.
- Heat a large frying pan over a high heat. Cook **corn** kernels until lightly browned, **4-5 minutes**. Transfer to a large bowl.
- Meanwhile, combine **beef mince**, **fine breadcrumbs**, the **egg**, **mild Caribbean jerk seasoning**, half the **garlic** and a pinch of **salt** in a medium bowl.

TIP: Cover the pan with a lid or foil if the kernels are 'popping' out.



Cook the sauce

- Wipe out pan, then return to medium heat with a drizzle of **olive oil**. Cook remaining **garlic** until fragrant, **1 minute**.
- Add **onion chutney**, the **water** and **vegetable stock powder** (**see ingredients**) and cook, stirring, until thickened slightly, **1-2 minutes**.
- Meanwhile, to bowl with the **corn**, add **spinach**, **shredded cabbage mix**, **mayonnaise** and a drizzle of **olive oil**. Season with **salt** and **pepper**.

Custom Recipe: If you've added diced bacon, wipe out pan, then return to medium heat with a drizzle of oil. Add bacon and cook, breaking up with a spoon, until lightly brown, 5-6 minutes. Add garlic and continue as above.



Cook the rissoles

- Using damp hands, roll heaped spoonfuls of **beef mixture** into meatballs, then flatten to make 2cm-thick rissoles (3-4 per person). Transfer to a plate.
- Return pan to medium-high heat with a drizzle of **olive oil**. Cook **rissoles** in batches, until browned and cooked through, **3-4 minutes** each side. Transfer to serving plates. Cover to keep warm.



Serve up

- Roughly chop **coriander**. Thinly slice **long chilli** (if using).
- Divide charred corn slaw between the plates. Top Caribbean beef rissoles with sticky onion glaze.
- Garnish with coriander and **chilli** to serve. Enjoy!

Rate your recipe

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