



Jerk-Spiced Beef Rissoles & Onion Glaze

with Carrot Couscous & Apple Salad

Grab your meal kit with this number

2



Beef Mince



Fine Breadcrumbs



Mild Caribbean Jerk Seasoning



Onion Chutney



Carrot



Apple



Baby Spinach Leaves



Chicken Stock Pot



Couscous



Coconut Sweet Chilli Mayonnaise



Pork Mince



Diced Bacon

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

Our mild Caribbean jerk seasoning and caramelised onion chutney are all it takes to jazz up juicy beef rissoles. Serve these bad boys on a quick carrot couscous and top with an apple salad for bursts of sweetness with every bite.

Pantry items

Olive Oil, Egg, Butter

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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 · Medium saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
beef mince	1 medium packet	2 medium packets OR 1 large packet
egg*	1	2
fine breadcrumbs	½ large packet	1 large packet
mild Caribbean jerk seasoning	1 medium sachet	1 large sachet
onion chutney	1 packet	2 packets
carrot	½	1
apple	1	2
baby spinach leaves	1 small packet	1 medium packet
butter*	20g	40g
water*	¾ cup	1½ cups
chicken stock pot	1 small packet	1 medium packet
couscous	1 medium packet	1 large packet
coconut sweet chilli mayonnaise	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3562kJ (851Cal)	889kJ (212Cal)
Protein (g)	41.6g	10.4g
Fat, total (g)	42.4g	10.6g
- saturated (g)	13.7g	3.4g
Carbohydrate (g)	75.5g	18.9g
- sugars (g)	21.1g	5.3g
Sodium (mg)	1670mg	417mg
Dietary Fibre (g)	6.4g	1.6g

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

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Cook the rissoles

- In a medium bowl, combine **beef mince**, the **egg**, **fine breadcrumbs** and **mild Caribbean jerk seasoning**.
- Using damp hands, shape heaped spoonfuls of the **mixture** into meatballs, then flatten to make 2cm-thick rissoles (3-4 per person). Transfer to a plate.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **rissoles**, in batches, until browned and cooked through, **3-4 minutes** each side.
- Remove from heat, then add **onion chutney**. Turn **rissoles** to coat. Transfer to a plate.



Cook the carrot couscous

- In a medium saucepan, heat the **butter** with a drizzle of **olive oil** over medium-high heat. Cook **carrot**, stirring, until softened, **2-3 minutes**.
- Add the **water** and **chicken stock pot**, then bring to the boil.
- Add **couscous**, stirring to combine. Cover with a lid and remove from heat. Set aside until water is absorbed, **5 minutes**. Fluff up with a fork.



Prep the veggies

- Meanwhile, grate **carrot** (see ingredients).
- Roughly chop **apple** and **baby spinach leaves**.



Serve up

- While the couscous is cooking, in a second medium bowl, combine apple, baby spinach leaves and a drizzle of olive oil. Season to taste.
- Divide carrot couscous between bowls. Top with jerk-spiced beef rissoles and apple salad.
- Serve with **coconut sweet chilli mayonnaise**. Enjoy!

CUSTOM OPTIONS



SWAP TO PORK MINCE
Follow method above.



ADD DICED BACON

In a large frying pan, cook with a drizzle of olive oil until browned, 4-5 minutes. Return to pan with onion chutney.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

