

American Beef Rissoles & Sticky Glaze

with Brown Rice, Corn Salsa & Coriander

Grab your Meal Kit with this symbol



Brown Rice



Sweetcorn



Baby Spinach Leaves



Tomato



Garlic



All-American Spice Blend



Fine Breadcrumbs



Chilli Flakes (Optional)



Coriander



Beef Mince



Sticky Meat Glaze

Prep in: 30-40 mins
Ready in: 40-50 mins



Boost the flavour of juicy beef rissoles by lacing them with our all-American spice blend; with hints of cumin, mustard, pepper and paprika, it works a treat with the sweet and sticky glaze. Serve with nutty brown rice, a tomato-spiced corn salsa, and a fresh coriander garnish to balance out the richness.

Pantry items

Olive Oil, White Wine Vinegar, Egg

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown rice	1 medium packet	1 large packet
baby spinach leaves	1 small bag	1 medium bag
sweetcorn	1 tin (125g)	1 tin (420g)
tomato	1	2
garlic	2 cloves	4 cloves
white wine vinegar*	drizzle	drizzle
beef mince	1 small packet	1 medium packet
All-American spice blend	½ medium sachet	1 medium sachet
egg*	1	2
fine breadcrumbs	1 medium packet	1 large packet
sticky meat glaze	1 medium packet	1 large packet
water*	¼ cup	½ cup
chilli flakes (optional)	pinch	pinch
coriander	1 bag	1 bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2694kJ (644Cal)	667kJ (159Cal)
Protein (g)	40.9g	10.1g
Fat, total (g)	19.5g	4.8g
- saturated (g)	7g	1.7g
Carbohydrate (g)	70.2g	17.4g
- sugars (g)	12.8g	3.2g
Sodium (mg)	758mg	188mg

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.

1



Cook the brown rice

- Boil the kettle. Half-fill a medium saucepan with the boiling water.
- Add **brown rice** and a pinch of **salt** and cook, uncovered, over high heat until tender, **25-30 minutes**.
- Drain and return to saucepan. Stir through **baby spinach leaves**.

4



Cook the rissoles

- Return frying 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 a plate.

2



Make the corn salsa

- Meanwhile, drain **sweetcorn**.
- Heat a large frying pan over high heat. Cook **corn kernels** until lightly browned, **4-5 minutes**.
- Meanwhile, roughly chop **tomato**. Finely chop **garlic**.
- Transfer charred **corn** and **tomato** to a medium bowl. Drizzle with **white wine vinegar** and **olive oil**. Toss to combine and season to taste.

TIP: Cover the pan with a lid if the kernels are "popping" out.

5



Cook the sticky glaze

- Wipe out frying pan, then return to medium heat with a drizzle of **olive oil**.
- Cook **sticky meat glaze**, the **water** and a pinch of **chilli flakes** (if using), stirring, until slightly reduced, **1-2 minutes**.

3



Make the rissoles

- SPICY!** This is a mild spice blend, but use less if you're sensitive to heat! In a medium bowl, combine **beef mince**, **garlic**, **All-American spice blend** (see ingredients), the **egg**, **fine breadcrumbs** and a generous pinch of **salt** and **pepper**.
- Using damp hands, roll heaped spoonfuls of **mixture** into meatballs, then flatten to make 2cm-thick rissoles (3-4 per person). Transfer to a plate.

6



Serve up

- Divide brown rice and corn salsa between plates.
- Top with American beef rissoles.
- Spoon sticky glaze over rissoles. Tear over **coriander** leaves to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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