

Glazed American Beef Rissoles & Brown Rice

with Corn Tomato Salsa & Greek-Style Yoghurt

Grab your Meal Kit with this symbol



Brown Rice



All-American Spice Blend



Sweetcorn



Tomato



Baby Spinach Leaves



Garlic



Fine Breadcrumbs



Greek-Style Yoghurt



Beef Mince



Sweet & Savoury 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 and tomato-spiked corn salsa 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
All-American spice blend	½ medium sachet	1 medium sachet
sweetcorn	1 tin (125g)	1 tin (300g)
tomato	1	2
baby spinach leaves	1 small bag	1 medium bag
garlic	3 cloves	6 cloves
white wine vinegar*	drizzle	drizzle
Greek-style yoghurt	1 medium packet	1 large packet
beef mince	1 small packet	1 medium packet
egg*	1	2
fine breadcrumbs	1 medium packet	1 large packet
sweet & savoury glaze	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2825kJ (675Cal)	649kJ (155Cal)
Protein (g)	42.8g	9.8g
Fat, total (g)	21.1g	4.9g
- saturated (g)	8.1g	1.9g
Carbohydrate (g)	72.7g	16.7g
- sugars (g)	15.2g	3.5g
Sodium (mg)	778mg	179mg

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.



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, then return saucepan to medium-high heat with a drizzle of **olive oil**. Fry the **All-American spice blend** (see ingredients) until fragrant, **1 minute**, then remove from heat. Return the **rice** to the pan and toss to coat.



Cook 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**, remaining **garlic**, 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.



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** and **baby spinach leaves**. Finely chop **garlic**.
- Transfer **charred corn**, **spinach** 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.



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.
- Wipe out frying pan, then return to medium heat with a drizzle of **olive oil**.
- Cook **sweet & savoury glaze**, stirring, until slightly reduced, **1-2 minutes**.



Make the garlic yoghurt

- Return frying pan to medium-high heat with a drizzle of **olive oil** and 1/2 the **garlic** and cook until fragrant, **1 minute**. Transfer to a small heatproof bowl.
- Add **Greek-style yoghurt** to **garlic oil mixture** and combine. Season to taste.



Serve up

- Divide brown rice and corn salsa between plates.
- Top with American beef rissoles.
- Spoon sticky glaze over rissoles. Serve with garlic yoghurt. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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