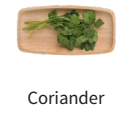
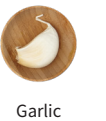
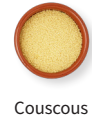
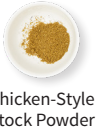


Caribbean Beef Rissoles & Coconut Sauce

with Carrot Couscous & Corn Salsa

Grab your Meal Kit with this symbol



 Hands-on: 25-35 mins
Ready in: 30-40 mins

Our mild Caribbean jerk seasoning and a can of coconut milk is all it takes to jazz up juicy beef rissoles. Serve these bad boys on a quick carrot couscous, and top with a cucumber-spiked corn salsa for bursts of sweetness and crunch with every bite.

Pantry items

Olive Oil, Butter, 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 |
| carrot | ½ | 1 |
| butter* | 20g | 40g |
| water* | ¾ cup | 1½ cups |
| chicken-style stock powder | 1 medium sachet | 1 large sachet |
| couscous | 1 medium packet | 1 large packet |
| sweetcorn | 1 tin (125g) | 1 tin (300g) |
| cucumber | 1 | 2 |
| white wine vinegar* | drizzle | drizzle |
| garlic | 2 cloves | 4 cloves |
| beef mince | 1 small packet | 1 medium packet |
| egg* | 1 | 2 |
| fine breadcrumbs | 1 medium packet | 1 large packet |
| mild Caribbean jerk seasoning | 1 sachet | 2 sachet |
| coconut milk | 1 medium tin | 1 large tin |
| coriander | 1 bag | 1 bag |
| mango | 1 packet | 1 packet |
| mayonnaise | (50g) | (100g) |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3731kJ (892Cal) | 700kJ (167Cal) |
| Protein (g) | 42.7g | 8g |
| Fat, total (g) | 51.9g | 9.7g |
| - saturated (g) | 25.6g | 4.8g |
| Carbohydrate (g) | 60.5g | 11.4g |
| - sugars (g) | 12.6g | 2.4g |
| Sodium (mg) | 1639mg | 308mg |

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 carrot couscous

Grate the **carrot** (see ingredients). In a medium saucepan, melt the **butter** over medium-high heat. Cook **carrot**, stirring, until softened, **2-3 minutes**. Add the **water** and **chicken-style stock powder** and bring to the boil. Add **couscous**. Stir to combine, then cover with a lid and remove from heat. Set aside until water is absorbed, **5 minutes**. Fluff up with a fork.



Cook the rissoles

Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **rissoles** until browned and cooked through, **3-4 minutes** each side (cook in batches if your pan is getting crowded). Transfer to a plate.



Make the salsa

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

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



Make the coconut sauce

Wipe out frying pan and return to medium heat with a drizzle of **olive oil**. Cook **garlic**, stirring, until fragrant, **30 seconds**. Add **coconut milk** and remaining **Caribbean seasoning** and simmer, stirring, until thickened slightly, **2-3 minutes**. Remove pan from heat.



Prep the rissoles

In a medium bowl, combine **beef mince**, **egg**, **fine breadcrumbs**, 1/2 the **mild Caribbean jerk seasoning** and a pinch of **salt**. Using damp hands, form heaped spoonfuls of the **mixture** into meatballs, then flatten to make 2cm-thick rissoles. Transfer to a plate. You should get 3-4 rissoles per person.



Serve up

Divide carrot couscous between bowls. Top with Caribbean beef rissoles. Spoon over coconut sauce. Tear over **coriander**. Serve with corn salsa and **mango mayonnaise**.

Enjoy!

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