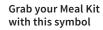


# Caribbean Beef Rissoles & Coconut Sauce

with Carrot-Spinach Couscous & Corn Salsa





Prep in: 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 charred corn salsa for bursts of sweetness 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 with a lid  $\cdot$  Large frying pan

#### Ingredients

refer to method 1 40g
40 g
ΨUg
1 ½ cups
n sachet 1 large sachet
n packet 1 large packet
<b>1 tin</b> (300g)
4 cloves
ag 1 medium bag
drizzle
acket 1 medium packet
2
n packet 1 large packet
n sachet 1 large sachet
n tin 1 large tin
<b>1 packet</b> (100g)

\*Pantry Items

#### Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3737kJ (893Cal)	799kJ (191Cal)
Protein (g)	41.8g	8.9g
Fat, total (g)	52.9g	11.3g
- saturated (g)	26g	5.6g
Carbohydrate (g)	60.4g	12.9g
- sugars (g)	10.9g	2.3g
Sodium (mg)	1645mg	352mg

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 carrot (see ingredients).
- In a medium saucepan, heat the **butter** with a drizzle of **olive oil** over medium-high heat.
- Add the **water** and **chicken-style stock powder** and 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.



#### Get prepped & make the salsa

- While the couscous is cooking, drain sweetcorn.
- Finely chop **garlic**. Roughly chop **baby spinach leaves**. Set aside.
- Heat a large frying pan over high heat. Cook corn until lightly browned, 4-5 minutes.
- Transfer charred corn 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.



# Prep the rissoles

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



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.



#### Make the coconut sauce

- Wipe out frying pan, then 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.
- Meanwhile, stir **baby spinach** through **couscous**.

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# Serve up

- Divide carrot-spinach couscous between bowls. Top with Caribbean beef rissoles.
- Spoon over coconut sauce. Serve with corn salsa and **mango mayonnaise**. Enjoy!

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