



Caribbean Beef Rissoles & Coconut Sauce

with Carrot-Spinach Couscous & Corn Salsa

Grab your Meal Kit with this symbol



Carrot



Chicken-Style Stock Powder



Couscous



Sweetcorn



Garlic



Baby Spinach Leaves



Fine Breadcrumbs



Mild Caribbean Jerk Seasoning



Coconut Milk



Beef Mince



Mango Mayonnaise

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 · 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	1 ½ 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)
garlic	2 cloves	4 cloves
baby spinach leaves	1 small bag	1 medium bag
white wine vinegar*	drizzle	drizzle
beef mince	1 small packet	1 medium packet
egg*	1	2
fine breadcrumbs	1 medium packet	1 large packet
mild Caribbean jerk seasoning	1 medium sachet	1 large sachet
coconut milk	1 medium tin	1 large tin
mango mayonnaise	1 packet (50g)	1 packet (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.



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.



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.



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**.



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.



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!

We're here to help!

Scan here if you have any questions or concerns



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