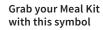


Caribbean Beef Rissoles & Coconut Sauce

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
1 tin (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
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.



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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