



Jerk-Spiced Beef Rissoles

with Carrot-Spinach Couscous & Zingy Tomatoes

MONTHLY SPECIAL

Grab your Meal Kit with this symbol



Beef Mince



Fine Breadcrumbs



Mild Caribbean Jerk Seasoning



Onion Chutney



Carrot



Tomato



Baby Spinach Leaves



Beef-Style Stock Powder



Couscous



Coconut Sweet Chilli Mayonnaise



Pork Mince

Prep in: 25-35 mins
Ready in: 30-40 mins

Our mild Caribbean jerk seasoning and caramelised onion chutney are all it takes to jazz up juicy beef rissoles. Serve these bad boys on a quick carrot couscous, and top with a zingy tomato salsa for bursts of sweetness with every bite.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Egg, Butter, White Wine Vinegar

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan · Medium saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
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
onion chutney	1 packet (40g)	2 packets (80g)
carrot	½	1
tomato	1	2
baby spinach leaves	1 small bag	1 medium bag
butter*	20g	40g
water*	¾ cup	1 ½ cups
beef-style stock powder	1 medium sachet	2 medium sachets
couscous	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
coconut sweet chilli mayonnaise	1 medium packet	1 large packet
pork mince**	1 small packet	1 medium packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3286kJ (785Cal)	843kJ (201Cal)
Protein (g)	40.6g	10.4g
Fat, total (g)	41.8g	10.7g
- saturated (g)	13.4g	3.4g
Carbohydrate (g)	61.6g	15.8g
- sugars (g)	15.7g	4g
Sodium (mg)	1580mg	405mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3260kJ (779Cal)	836kJ (200Cal)
Protein (g)	37.1g	9.5g
Fat, total (g)	42.7g	11g
- saturated (g)	12.9g	3.3g
Carbohydrate (g)	61.6g	15.8g
- sugars (g)	15.7g	4g
Sodium (mg)	1578mg	405mg

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.

We're here to help!

Scan here if you have any questions or concerns



1 Prep the rissoles

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

Custom Recipe: If you've swapped to pork mince, combine pork mince in the same way as the beef mince.



4 Cook the carrot couscous

- In a medium saucepan, heat the **butter** with a drizzle of **olive oil** over medium-high heat. Cook **carrot**, stirring, until softened, **2-3 minutes**.
- Add the **water** and **beef-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.



2 Cook the rissoles

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **rissoles**, in batches, until browned and cooked through, **3-4 minutes** each side. Remove from heat, then add **onion chutney**. Turn rissoles to coat. Transfer to a plate.

Custom Recipe: Cook pork rissoles in the same way as the beef rissoles.



5 Make the zingy tomatoes

- Meanwhile, in a second medium bowl, combine **tomato** and a drizzle of the **white wine vinegar** and **olive oil**. Season to taste.



3 Prep the veggies

- Meanwhile, grate **carrot** (see ingredients).
- Roughly chop **tomato** and **baby spinach leaves**.



6 Serve up

- Stir baby spinach through carrot couscous.
- Divide carrot-spinach couscous between bowls. Top with jerk-spiced beef rissoles and zingy tomatoes.
- Serve with **coconut sweet chilli mayonnaise**. Enjoy!

Rate your recipe

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