

# Sweet & Sticky Caribbean Beef Rissoles

with Spinach & Apple Slaw

Grab your Meal Kit with this symbol



Apple



Baby Spinach Leaves



Garlic



Beef Mince



Fine Breadcrumbs



Mild Caribbean Jerk Seasoning



Caramelised Onion Chutney



Beef-Style Stock Powder



Shredded Cabbage Mix



Mayonnaise



Coriander



Long Chilli (Optional)

### Recipe Update

Unfortunately, this week's sweetcorn was in short supply, so we've replaced it with apple. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

Prep in: 20-30 mins  
Ready in: 25-35 mins

Carb Smart

Thanks to our mild Caribbean jerk seasoning and a gorgeous caramelised onion glaze, these are no old-fashioned rissoles! Complete the dish with a simple slaw for colour, crunch and a touch of sweetness.

### Pantry items

Olive Oil, 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

Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
baby spinach leaves	1 medium bag	1 large bag
garlic	3 cloves	6 cloves
apple	½	1
beef mince	1 small packet	1 medium packet
fine breadcrumbs	1 medium packet	1 large packet
<b>egg*</b>	1	2
mild Caribbean jerk seasoning	1 medium sachet	1 large sachet
caramelised onion chutney	1 packet (40g)	2 packets (80g)
<b>water*</b>	¼ cup	½ cup
beef-style stock powder	½ medium sachet	1 medium sachet
shredded cabbage mix	1 medium bag	1 large bag
mayonnaise	1 packet (40g)	1 packet (100g)
coriander	1 bag	1 bag
long chilli (optional)	½	1

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2254kJ (538Cal)	558kJ (133Cal)
Protein (g)	38.4g	9.5g
Fat, total (g)	28.7g	7.1g
- saturated (g)	7.5g	1.9g
Carbohydrate (g)	29.4g	7.3g
- sugars (g)	14.1g	3.5g
Sodium (mg)	1481mg	366mg
Dietary Fibre (g)	8.3g	2.1g

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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Get prepped

- Roughly chop **baby spinach leaves**. Finely chop **garlic**. Thinly slice **apple** (see ingredients).
- Meanwhile, combine **beef mince**, **fine breadcrumbs**, **egg**, **mild Caribbean jerk seasoning**, 1/2 the **garlic** and a pinch of **salt** in a medium bowl.



## Cook the sauce

- Wipe out pan, then return to a medium heat with a drizzle of **olive oil**. Cook remaining **garlic** until fragrant, **1 minute**.
- Add **caramelised onion chutney**, the water and **beef-style stock powder** (see ingredients) and cook until slightly thickened, **1-2 minutes**.
- Meanwhile, to a large bowl, add **spinach**, **apple**, **shredded cabbage mix**, **mayonnaise** and a drizzle of **olive oil**. Season with **salt** and **pepper**.



## Cook the rissoles

- Using damp hands, roll heaped spoonfuls of **rissole mixture** into meatballs, then flatten to make 2cm-thick rissoles. Transfer to a plate. You should get 3-4 rissoles per person.
- 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. Transfer to serving plates. Cover to keep warm.



## Serve up

- Roughly chop **coriander**. Thinly slice **long chilli** (if using).
- Divide apple slaw between the plates with the Caribbean beef rissoles.
- Pour sweet and sticky glaze over rissoles. Garnish with coriander and chilli to serve. Enjoy!

## We're here to help!

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