

# Sweet Caribbean Beef & Pork Rissoles

with Spinach & Charred Corn Slaw

Grab your Meal Kit with this symbol



Sweetcorn



Baby Spinach Leaves



Garlic



Beef & Pork Mince



Fine Breadcrumbs



Mild Caribbean Jerk Seasoning



Onion Chutney



Shredded Cabbage Mix



Mayonnaise



Coriander



Beef Mince

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



Charred corn is the perfect addition to a colourful slaw, it's juicy and sweet. Keep tastiness going by spicing the beef and pork rissoles in a Caribbean jerk seasoning. It's a dish that leaves a pleasant, warm feeling after you're done.

### Pantry items

Olive Oil, Egg, 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

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
sweetcorn	1 tin	1 tin
baby spinach leaves	1 medium bag	1 large bag
garlic	2 cloves	4 cloves
beef & pork mince	1 packet	1 packet
fine breadcrumbs	1 medium packet	1 large packet
<b>egg*</b>	1	2
mild Caribbean jerk seasoning	1 sachet	1 sachet
onion chutney	1 medium packet	1 large packet
shredded cabbage mix	1 bag (150g)	1 bag (300g)
mayonnaise	1 medium packet	1 large packet
<b>white wine vinegar*</b>	drizzle	drizzle
coriander	1 bag	1 bag
beef mince**	1 small packet	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2293kJ (548Cal)	634kJ (152Cal)
Protein (g)	33.5g	9.3g
Fat, total (g)	31.5g	8.7g
- saturated (g)	9.5g	2.6g
Carbohydrate (g)	29.2g	8.1g
- sugars (g)	12.6g	3.5g
Sodium (mg)	1198mg	331mg
Dietary Fibre (g)	6.9g	1.9g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2326kJ (556Cal)	643kJ (154Cal)
Protein (g)	35.3g	9.8g
Fat, total (g)	30.2g	8.3g
- saturated (g)	9.9g	2.7g
Carbohydrate (g)	29.2g	8.1g
- sugars (g)	12.6g	3.5g
Sodium (mg)	1178mg	326mg
Dietary fibre	6.9g	1.9g

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/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



2023 | CW43



## Get prepped

- Drain the **sweetcorn**. Roughly chop **baby spinach leaves**. Finely chop **garlic**.
- Heat a large frying pan over high heat. Cook **sweetcorn** until lightly browned, **4-5 minutes**. Transfer to a large bowl.
- Meanwhile, combine **beef & pork mince**, **fine breadcrumbs**, the **egg**, **mild Caribbean jerk seasoning**, **garlic** and a pinch of **salt** in a medium bowl.

**TIP:** Cover the pan with a lid or foil if the kernels are "popping" out.

**Custom Recipe:** If you've swapped to beef mince, prep the beef in the same way as above.



## Toss the slaw

- Meanwhile, add **baby spinach** to the **charred corn**, along with **shredded cabbage mix**, **mayonnaise** and a drizzle of **white wine vinegar** and **olive oil**. Season with **salt** and **pepper**.



## Cook the rissoles

- Using damp hands, roll heaped spoonfuls of **mince mixture** into meatballs, then flatten to make 2cm-thick rissoles (3-4 per person). Transfer to a plate.
- 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.
- Remove pan from heat, then add **onion chutney** and a splash of **water**, turning **rissoles** to coat.

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



## Serve up

- Divide spinach and charred corn slaw between plates. Top with Caribbean beef and pork rissoles.
- Tear over **coriander** to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)