

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

 Carb Smart

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.

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

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
olive oil*	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
egg*	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
white wine vinegar*	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)	2285kJ (546Cal)	634kJ (152Cal)
Protein (g)	33.4g	9.3g
Fat, total (g)	31.5g	8.7g
- saturated (g)	9.5g	2.6g
Carbohydrate (g)	29g	8.1g
- sugars (g)	12.5g	3.5g
Sodium (mg)	1197mg	332mg
Dietary Fibre (g)	6.6g	1.8g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2318kJ (554Cal)	644kJ (154Cal)
Protein (g)	35.2g	9.8g
Fat, total (g)	30.1g	8.4g
- saturated (g)	9.9g	2.7g
Carbohydrate (g)	29g	8.1g
- sugars (g)	12.5g	3.5g
Sodium (mg)	1192mg	331mg
Dietary fibre	6.6g	1.8g

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 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



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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!

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