



# Glazed Beef Rissoles & Loaded Veggie Couscous

with Peri-Peri Mayo

Grab your meal kit with this number

26



Sweetcorn



Mayonnaise



Peri Peri Sauce



Beef Mince



Fine Breadcrumbs



Nan's Special Seasoning



Soffritto Mix



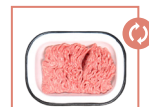
Chicken-Style Stock Powder



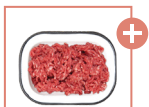
Couscous



Baby Leaves



Pork Mince



Beef Mince

Prep in: 10-20 mins  
Ready in: 25-35 mins

Welcome to dreamland where the beef rissoles are sweetly glazed in honey and the couscous is extra fluffy. The peri peri sauce is stirred through with creamy mayo to make your dinner time dreams come true

### Pantry items

Olive Oil, Egg, Honey



## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

## You will need

Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
sweetcorn	1 medium tin	1 large tin
mayonnaise	1 medium packet	1 large packet
peri peri sauce	1 medium packet	1 large packet
beef mince	1 medium packet	2 medium packets OR 1 large packet
fine breadcrumbs	1 medium packet	1 large packet
Nan's special seasoning	1 medium sachet	1 large sachet
<b>egg*</b>	1	2
soffritto mix	1 medium packet	1 large packet
<b>water*</b>	¾ cup	1 ½ cup
chicken-style stock powder	1 medium sachet	1 large sachet
couscous	1 packet	2 packets
<b>honey*</b>	½ tbs	1 tbs
baby leaves	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3420kJ (817Cal)	816kJ (195Cal)
Protein (g)	42.2g	10.1g
Fat, total (g)	41.3g	9.9g
- saturated (g)	11.5g	2.7g
Carbohydrate (g)	61.8g	14.7g
- sugars (g)	14.1g	3.4g
Sodium (mg)	1672mg	399mg
Dietary Fibre (g)	7.1g	1.7g

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.



## Get prepped

- Drain **sweetcorn**. In a small bowl, combine **mayonnaise** and **peri peri sauce**. Set aside.
- In a medium bowl, combine **beef mince**, **fine breadcrumbs**, **Nan's special seasoning**, the **egg** and a pinch of **salt**.
- Using damp hands, roll heaped spoonfuls of **beef mixture** into meatballs (3-4 per person), then flatten to make 2cm-thick rissoles. Transfer to a plate.



## Cook the rissoles

- While the couscous is cooking, heat a large frying pan over 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, add the **honey** and gently turn to coat.

**TIP:** For best results, drain the oil from the pan before adding the sauce.



## Cook the couscous

- In a medium saucepan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **soffritto mix** and **corn**, stirring, until softened, **4-5 minutes**.
- Add the **water** and **chicken-style stock powder** and bring to the boil. Add **couscous**, stirring to combine.
- Cover with a lid and remove pan from heat. Set aside until the water has absorbed, **5 minutes**. Fluff up with a fork.



## Serve up

- Stir **baby leaves** through the couscous. Season to taste.
- Divide veggie couscous between bowls. Top with honey-glazed beef rissoles.
- Drizzle over peri peri mayonnaise to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW26



### CUSTOM OPTIONS



**SWAP TO PORK MINCE**  
Follow method above.



**DOUBLE BEEF MINCE**  
Follow method above.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

