



# Caribbean Beef Rissoles

with Charred Corn & Sweet Chilli Slaw

Grab your meal kit  
with this number

1



Sweetcorn



Avocado



Baby Leaves



Garlic



Beef Mince



Fine Breadcrumbs



Mild Caribbean Jerk Seasoning



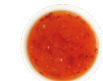
Onion Chutney



Shredded Cabbage Mix



Mayonnaise



Sweet Chilli Sauce



Pork Mince



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 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 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

Large frying pan

## Ingredients

|                               | 2 People        | 4 People                              |
|-------------------------------|-----------------|---------------------------------------|
| <b>olive oil*</b>             | refer to method | refer to method                       |
| sweetcorn                     | ½ large tin     | 1 large tin                           |
| avocado                       | 1 (small)       | 1 (arge)                              |
| baby leaves                   | 1 medium packet | 1 large packet                        |
| garlic                        | 2 cloves        | 4 cloves                              |
| beef mince                    | 1 medium packet | 2 medium packets<br>OR 1 large packet |
| fine breadcrumbs              | 1 medium packet | 1 large packet                        |
| <b>egg*</b>                   | 1               | 2                                     |
| mild Caribbean jerk seasoning | 1 medium sachet | 1 large sachet                        |
| onion chutney                 | 1 medium packet | 1 large packet                        |
| shredded cabbage mix          | 1 medium packet | 1 large packet                        |
| mayonnaise                    | 1 medium packet | 1 large packet                        |
| sweet chilli sauce            | 1 small packet  | 1 medium packet                       |
| <b>white wine vinegar*</b>    | drizzle         | drizzle                               |

\*Pantry Items

## Nutrition

| Avg Qty           | Per Serving     | Per 100g      |
|-------------------|-----------------|---------------|
| Energy (kJ)       | 3210kJ (767cal) | 352kJ (84cal) |
| Protein (g)       | 34.7g           | 3.8g          |
| Fat, total (g)    | 48.7g           | 5.3g          |
| - saturated (g)   | 12.6g           | 1.4g          |
| Carbohydrate (g)  | 38.5g           | 4.2g          |
| - sugars (g)      | 20.9g           | 2.3g          |
| Sodium (mg)       | 1226mg          | 134.6mg       |
| Dietary Fibre (g) | 8.1g            | 0.9g          |

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.



## Get prepped

- Drain **sweetcorn** (see ingredients). Slice **avocado** in half, scoop out flesh and roughly chop. Roughly chop **baby 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 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.



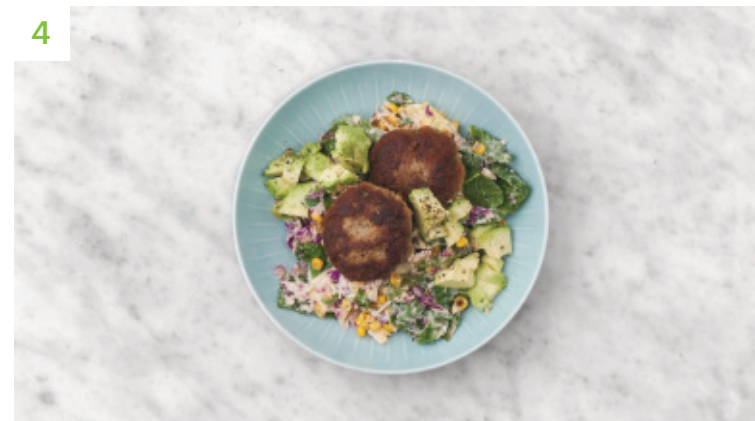
## Toss the slaw

- Meanwhile, add **baby leaves** to the **charred corn**, along with **shredded cabbage mix**, **mayonnaise**, **sweet chilli sauce** 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.



## Serve up

- Divide charred corn slaw between plates, top with avocado.
- Top with Caribbean beef rissoles. Enjoy!


## We're here to help!

Scan here if you have any questions or concerns

2024 | CW38



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.

