HELLO FRESH

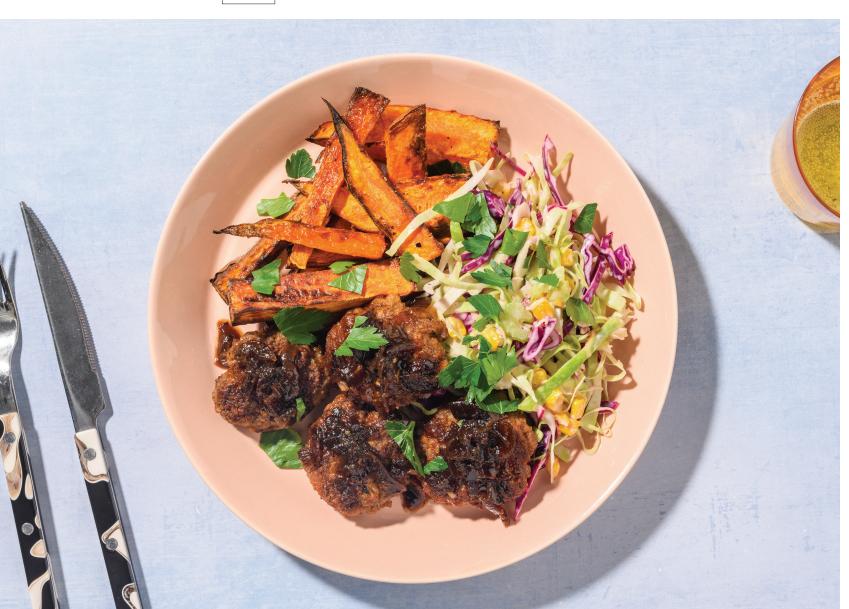# Sweet & Sticky Caribbean Beef Rissoles
with Kumara Wedges & Garlic Charred Corn Slaw

NEW

Kumara

Lemon Pepper Spice Blend

Sweetcorn

Garlic

Beef Mince

Fine Breadcrumbs

Mild Caribbean Jerk Seasoning

Onion Chutney

Celery

Shredded Cabbage Mix

Mayonnaise

Parsley

Pork Mince

Beef Mince

Pantry items

Olive Oil, Egg, White Wine Vinegar

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

These are no ordinary beef rissoles, they've got a little something extra. First, they've been given a Caribbean touch with our mild jerk seasoning. Next, they've been tossed in an onion chutney glaze for a sweet and sticky finish. Lastly, they've been served alongside a couple of mouthwatering sides; kumara wedges and a charred corn slaw. This meal is too good to resist!

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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
*olive oil**	refer to method	refer to method
kumara	1 (large)	2 (large)
lemon pepper spice blend	1 medium sachet	1 large sachet
sweetcorn	1 medium tin	1 large tin
garlic	2 cloves	4 cloves
beef mince	1 medium packet	2 medium packets OR 1 large packet
fine breadcrumbs	1 medium packet	1 large packet
mild Caribbean jerk seasoning	1 medium sachet	1 large sachet
*egg**	1	2
onion chutney	1 medium packet	1 large packet
celery	1 stalk	2 stalks
shredded cabbage mix	1 medium packet	1 large packet
mayonnaise	1 medium packet	1 large packet
*white wine vinegar**	drizzle	drizzle
parsley	1 packet	1 packet

***Pantry Items**

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3229kJ (772cal)	289kJ (69cal)
Protein (g)	40.8g	3.6g
Fat, total (g)	32.8g	2.9g
- saturated (g)	10.6g	0.9g
Carbohydrate (g)	71.3g	6.4g
- sugars (g)	23.7g	2.1g
Sodium (mg)	1584mg	141.6mg
Dietary Fibre (g)	8.6g	0.8g

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
2024 | CW39

1

Roast the kumara wedges

- Preheat oven to **220°C/200°C fan-forced**.
- Peel **kumara** (if desired) and cut into wedges.
- Place **kumara** on a lined oven tray. Drizzle generously with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast until tender, **20-25 minutes**.
- Once roasted, remove tray from oven and sprinkle wedges with **lemon pepper spice blend**, tossing to combine.

TIP: *If your oven tray is crowded, divide the wedges between two trays.*

2

Start the slaw

- Drain **sweetcorn**. Finely chop **garlic**.
- Heat a large frying pan over a high heat. Cook **corn kernels** until lightly browned, **3-4 minutes**.
- Add **garlic** and cook until fragrant, **1 minute**. Transfer to a large bowl.

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

3

Cook the meatballs

- In a medium bowl, combine **beef mince**, **fine breadcrumbs**, **mild Caribbean jerk seasoning**, the **egg** and a pinch of **salt**.
- Using damp hands, roll heaped spoonfuls of **mixture** into meatballs, then flatten to make 2cm-thick rissoles (3-4 per person). Transfer to a plate.
- Return 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.

4

Serve up

- Meanwhile, thinly slice **celery**.
- To the charred corn, add celery, **shredded cabbage mix**, **mayonnaise** and a drizzle of **white wine vinegar** and olive oil. Season with salt and pepper.
- Divide sweet and sticky Caribbean rissoles, garlic charred corn slaw and kumara wedges between plates.
- Tear over **parsley** to serve. Enjoy!

CUSTOM OPTIONS

SWAP TO PORK MINCE
Follow method above.

DOUBLE BEEF MINCE
Follow method above, cooking in batches if necessary.

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