



# Caribbean Beef Rissoles & Avocado Slaw

with Charred Corn & Baby Leaves

Grab your meal kit with this number

1



Sweetcorn



Baby Leaves



Garlic



Avocado



Beef Mince



Fine Breadcrumbs



Mild Caribbean Jerk Seasoning



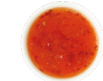
Onion Chutney



Shredded Cabbage Mix



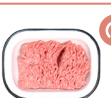
Mayonnaise



Sweet Chilli Sauce



Beef Mince



Pork 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
baby leaves	1 medium packet	1 large packet
garlic	2 cloves	4 cloves
avocado	1 (small)	1 (large)
beef mince	1 medium packet	2 medium packets 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)	3211kJ (767cal)	352kJ (84cal)
Protein (g)	34.7g	3.8g
Fat, total (g)	48.7g	5.3g
- saturated (g)	12.6g	1.4g
Carbohydrate (g)	38.6g	4.2g
- sugars (g)	20.9g	2.3g
Sodium (mg)	1226mg	134.4mg
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). Roughly chop **baby leaves**. Finely chop **garlic**. Slice **avocado** in half, scoop out flesh and roughly chop.
- 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.



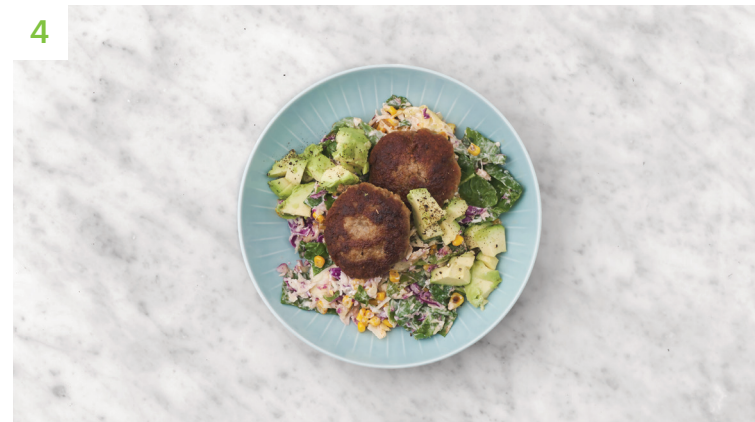
## Toss the slaw

- Meanwhile, add **baby leaves** to the charred corn, along with **avocado**, **shredded cabbage mix**, **mayonnaise**, **sweet chilli sauce** and a drizzle of **white wine vinegar** and **olive oil**.
- Season with **salt** and **pepper** and toss to combine.



## 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 avocado slaw between plates.
- Top with Caribbean beef rissoles. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW42



CUSTOM  
OPTIONS

**+** DOUBLE BEEF MINCE  
Follow method above.

**↻** SWAP TO PORK 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.

