

NEW











Chicken-Style Stock Powder







Sweetcorn





Fine Breadcrumbs

Mild Caribbean Jerk Seasoning





Onion Chutney





Beef Mince

Prep in: 25-35 mins Ready in: 30-40 mins

We've got a special glaze for tonight's rissoles - an onion chutney, dark and sweet for the Caribbean spiced beef. Pile them onto a bright carrot couscous with a charred corn salsa accompaniment.

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

Medium saucepan with a lid · Large frying pan

Ingredients

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	2 People	4 People	
olive oil*	refer to method	refer to method	
carrot	1	2	
garlic paste	1 medium packet	1 large packet	
water*	3⁄4 cup	1½ cups	
chicken-style stock powder	1 medium sachet	1 large sachet	
couscous	1 medium packet	1 large packet	
tomato	1	2	
parsley	1 packet	1 packet	
sweetcorn	1 medium tin	1 large tin	
beef mince	1 medium packet	2 medium packets or 1 large packet	
egg*	1	2	
fine breadcrumbs	1 medium packet	1 large packet	
mild Caribbean jerk seasoning	½ medium sachet	1 medium sachet	
onion chutney	1 medium packet	1 large packet	
white wine vinegar*	drizzle	drizzle	
garlic aioli	1 medium packet	1 large packet	
+			

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g	
Energy (kJ)	3192kJ (763cal)	370kJ (88cal)	
Protein (g)	41.5g	4.8g	
Fat, total (g)	33.8g	3.9g	
- saturated (g)	10g	1.2g	
Carbohydrate (g)	67.7g	7.8g	
- sugars (g)	15.8g	1.8g	
Sodium (mg)	1460mg	169.1mg	
Dietary Fibre (g)	6.4g	0.7g	

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Cook the carrot couscous

- Grate carrot.
- In a medium saucepan, heat a drizzle of olive oil over medium-high heat. Cook carrot and garlic paste, stirring, until softened, 2-3 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 from heat. Set aside until water is absorbed, 5 minutes.
- Fluff up with a fork.



Get prepped

- While the couscous is cooking, finely chop **tomato**. Roughly chop **parsley**.
- Drain sweetcorn.
- Heat a large frying pan over high heat. Cook sweetcorn until lightly browned, 4-5 minutes.
 Transfer to a medium bowl.

TIP: Cover the pan with a lid if the corn kernels are "popping" out.



Make the rissoles

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



Cook the rissoles

- Return the 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, add the onion chutney and a splash of water, turning rissoles to coat.



Make the salsa

 Meanwhile, to the corn, add tomato, parsley, a drizzle of white wine vinegar and olive oil.
Toss to combine. Season to taste.



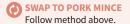
Serve up

- Divide carrot couscous between bowls. Top with sticky jerk beef rissoles.
- Serve with corn salsa and a dollop of garlic aioli. Enjoy!









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

