



# Sticky Jerk Beef Rissoles & Carrot Couscous

with Corn Salsa & Garlic Aioli

NEW

Grab your meal kit with this number

2



Carrot



Garlic Paste



Chicken-Style Stock Powder



Couscous



Tomato



Parsley



Sweetcorn



Beef Mince



Fine Breadcrumbs



Mild Caribbean Jerk Seasoning



Onion Chutney



Garlic Aioli



Beef Mince



Pork 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

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
carrot	1	2
garlic paste	1 medium packet	1 large packet
<b>water*</b>	¾ 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
<b>egg*</b>	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
<b>white wine vinegar*</b>	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](https://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.



## 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.



## 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 salsa

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



## 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.



## Serve up

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

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW45



## 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.

