



Caribbean Beef Rissoles

with Carrot Couscous & Cucumber Salsa

NEW

Grab your Meal Kit with this symbol



Carrot



Garlic



Chicken-Style Stock Powder



Couscous



Cucumber



Baby Spinach Leaves



Fine Breadcrumbs



Mild Caribbean Jerk Seasoning



Onion Chutney



Mango Mayonnaise



Beef Mince

Keep an eye out...
Due to recent sourcing challenges, we've replaced tomato with cucumber, which may be a little different to what's pictured. Don't worry, your recipe will be just as delicious!

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

We've got two tasty sauces here tonight, the tropical mango mayo that is perfect for a side of cucumber salsa and an onion chutney, dark and sweet for the seasoned beef meatballs. They are in harmony with each other in this bowl, ready for you to taste their magic.

Pantry items

Olive Oil, Egg, White Wine Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	½	1
garlic	2 cloves	4 cloves
water*	¾ cup	1½ cups
chicken-style stock powder	1 sachet (5g)	1 sachet (10g)
couscous	1 packet	1 packet
cucumber	1	1
baby spinach leaves	1 small bag	1 medium bag
beef mince	1 packet	1 packet (or 2 packets)
egg*	1	2
fine breadcrumbs	1 packet	1 packet
mild Caribbean jerk seasoning	½ sachet	1 sachet
onion chutney	1 packet (40g)	1 packet (80g)
white wine vinegar*	drizzle	drizzle
mango	1 packet (50g)	1 packet (100g)
mayonnaise		

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2987kJ (714Cal)	732kJ (175Cal)
Protein (g)	41.3g	10.1g
Fat, total (g)	31.2g	7.6g
- saturated (g)	9.6g	2.4g
Carbohydrate (g)	62.3g	15.3g
- sugars (g)	12.8g	3.1g
Sodium (mg)	1171mg	287mg

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** (see ingredients). Finely chop **garlic**.
- In a medium saucepan, heat a drizzle of **olive oil** over medium-high heat. Cook **carrot** and **garlic**, 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.



Glaze the rissoles

- Remove pan from heat, add the **onion chutney**, turning **rissoles** to coat.



Get prepped

- While the couscous is cooking, finely chop **cucumber**. Roughly chop **baby spinach leaves**. Set aside.
- In a medium bowl, combine **beef mince**, the **egg**, **fine breadcrumbs**, **mild Caribbean jerk seasoning** (see ingredients) 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.



Make the salsa

- Meanwhile, combine **cucumber** and **baby spinach leaves** in a second medium bowl. Drizzle with **white wine vinegar** and **olive oil**. Toss to combine. Season to taste.



Cook the rissoles

- Heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **rissoles** in batches, until browned and cooked through, **3-4 minutes** each side.



Serve up

- Divide carrot couscous between bowls. Top with Caribbean beef rissoles.
- Serve with cucumber salsa and **mango mayonnaise**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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