



Everything  
But The Chef

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## Moroccan Beef Rissoles

These fragrant Moroccan spiced rissoles are such a great go-to for a quick mid-week dinner. We've crammed tons and tons of flavour into each bite of these little beauties, and given you a lovely fresh salad to keep you cool as you munch your way through the flavours of North Africa.



Prep: 10 mins

Cook: 25 mins

Total: 35 mins



level 2



Rice



Moroccan Spice



Tomato Paste



Garlic



Birdseye Chilli



Parsley



Red Onion



Beef Mince



Cucumber



Rocket

2P	4P	Ingredients
150 g	300 g	rice ⊕
2 tsp	1 tbs	HelloFresh Moroccan spice mix
50 g	100 g	tomato paste
1	2	garlic clove, peeled & crushed ⊕
1	2	birdseye chilli, deseeded & finely diced ⊕
1	2	parsley, finely chopped ⊕
1	2	red onion, half sliced & half diced ⊕
300 g	600 g	beef mince
1	2	cucumber, sliced
70 g	140 g	rocket, washed ⊕

⊕ May feature in another recipe

\* Good to have at home

#### Nutrition per serving

Energy	2420	Kj
Protein	52.3	g
Fat, total	38.2	g
-saturated	11.2	g
Carbohydrate	5.4	g
-sugars	5.3	g

#### Measuretool

0 cm	1 cm	2 cm



**1** Place the **rice** into a sieve and rinse it with cold tap water, the water will initially become cloudy, continue to rinse until the water becomes clear enough (it doesn't need to be crystal). Bring a large pot of salted water to the boil. Add the rice and cook it for **10-12 minutes** until soft. Drain.



**2** Combine the **Moroccan spice**, **tomato paste**, **garlic**, **chilli**, half of the **parsley**, and the diced half of the **red onion** in a bowl. Add the **beef mince** and mix together with your hands. Separate the beef mince into large balls and flatten them to form the rissoles. Heat a pan to a medium temperature with a little vegetable oil and add the beef. Cook your rissoles for **3 minutes** per side. Cooking times may vary depending on the thickness of your rissoles. If they are still not cooked all the way through, transfer them to a moderate oven for an extra **5 minutes** to finish the cooking process.



**3** Combine the **cucumber**, **rocket**, sliced onion, and remaining parsley in a bowl. Divide amongst plates.



**4** Place the rissoles on the rice with a side of salad and top with a condiment of your choice (we suggest tomato chutney or garlic mayonnaise).

**Did you know?** Cucumber is rumoured to eliminate bad breath! Simply press a slice of cucumber to the top of your mouth for 30 seconds and you're good to go.