

Caribbean Coconut Beef Rissoles

with Brown Rice, Corn Salsa & Coriander

Grab your Meal Kit with this symbol



Brown Rice



Sweetcorn



Cucumber



Tomato



Garlic



Beef Mince



Fine Breadcrumbs



Mild Caribbean Jerk Seasoning



Coconut Milk



Coriander

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

 Hands-on: 30-40 mins
Ready in: 40-50 mins

Here's a great way to use beef mince: make rissoles reminiscent of an island holiday. The key ingredient in the creamy coconut sauce? Our mild Caribbean seasoning; a little peppery, a little punchy, and slightly sweet, it brings the components together perfectly and really makes the dish sing.

Pantry items

Olive Oil, White Wine Vinegar, Egg

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown rice	1 medium packet	1 large packet
water*	3 cups	6 cups
sweetcorn	1 tin (125g)	1 tin (300g)
cucumber	1	2
tomato	1	2
garlic	3 cloves	6 cloves
white wine vinegar*	drizzle	drizzle
beef mince	1 small packet	1 medium packet
egg*	1	2
fine breadcrumbs	1 medium packet	1 large packet
mild Caribbean jerk seasoning	½ sachet	1 sachet
coconut milk	1 medium tin	1 large tin
coriander	1 bag	1 bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2936kJ (702Cal)	682kJ (163Cal)
Protein (g)	37.7g	8.8g
Fat, total (g)	30.4g	7.1g
- saturated (g)	18.6g	4.3g
Carbohydrate (g)	64.6g	15g
- sugars (g)	6.1g	1.4g
Sodium (mg)	696mg	162mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Cook the brown rice

In a medium saucepan, bring the **brown rice** and the **water** to the boil over a high heat. Reduce the heat to medium and simmer, uncovered, until the rice is soft, **25-30 minutes**. Drain and return to the saucepan.



Make the salsa

While the rice is cooking, drain the **sweetcorn**. Heat a large frying pan over a high heat. Add the **corn kernels** and cook until lightly browned, **4-5 minutes**. Meanwhile, roughly chop the **cucumber** and **tomato**. Finely chop the **garlic**. Transfer the charred **corn, cucumber** and **tomato** to a medium bowl. Drizzle with **white wine vinegar** and **olive oil**. Toss to combine and season to taste.

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



Make the rissoles

In a medium bowl, combine the **beef mince, egg, fine breadcrumbs, 1/2 the garlic** and a generous pinch of **salt** and **pepper**. Using damp hands, roll heaped spoonfuls of the **mixture** into meatballs, then flatten to make 2cm-thick rissoles. Transfer to a plate. You should get 3-4 rissoles per person.



Cook the rissoles

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **rissoles** in batches, until browned and cooked through, **3-4 minutes** each side. Transfer to a plate.



Cook the sauce

Wipe out the frying pan and return to a medium heat with a drizzle of **olive oil**. Cook the **mild Caribbean jerk seasoning** (see ingredients) and remaining **garlic** until fragrant, **30 seconds**. Add the **coconut milk** and simmer, stirring, until slightly thickened, **2-3 minutes**.



Serve up

Divide the brown rice, beef rissoles and sweet corn salsa between bowls. Spoon the Caribbean coconut sauce over the rissoles. Tear over the **coriander** to serve.

Enjoy!

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