



Honey-Glazed Beef Rissoles & Veggie Couscous

with Peri-Peri Mayo

NEW

Grab your Meal Kit with this symbol



Sweetcorn



Mayonnaise



Peri Peri Sauce



Beef Mince



Fine Breadcrumbs



Nan's Special Seasoning



Soffritto Mix



Chicken-Style Stock Powder



Couscous



Salad Leaves



Pork Mince

Recipe Update

Due to local availability, the ingredients you receive may be a little different to what's pictured. It'll be just as delicious, just follow your recipe card!

Prep in: 10-20 mins
Ready in: 25-35 mins

Welcome to dreamland where the beef rissoles are sweetly glazed in honey and the couscous is extra fluffy. The peri peri sauce is stirred through with creamy mayo to make your dinner time dreams come true.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Egg

Before you start

Wash your hands and any fresh food

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
olive oil*	refer to method	refer to method
sweetcorn	1 tin	1 tin
mayonnaise	1 medium packet	1 large packet
peri peri sauce	1 medium packet	1 large packet
beef mince	1 small packet	2 small packets OR 1 large packet
fine breadcrumbs	1 medium packet	1 large packet
Nan's special seasoning	1 medium sachet	1 large sachet
egg*	1	2
soffritto mix	1 packet (150g)	1 packet (300g)
water*	¾ cup	1½ cups
chicken-style stock powder	1 medium sachet	1 large sachet
couscous	1 packet	1 packet
honey*	½ tbs	1 tbs
salad leaves	1 medium bag	1 large bag
pork mince**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3466kJ (828Cal)	780kJ (186Cal)
Protein (g)	43.7g	9.8g
Fat, total (g)	41.9g	9.4g
- saturated (g)	11.7g	2.6g
Carbohydrate (g)	62.4g	14g
- sugars (g)	12.7g	2.9g
Sodium (mg)	1773mg	399mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3176kJ (759Cal)	715kJ (171Cal)
Protein (g)	39.5g	8.9g
Fat, total (g)	37.4g	8.4g
- saturated (g)	8.8g	2g
Carbohydrate (g)	62.4g	14g
- sugars (g)	12.7g	2.9g
Sodium (mg)	1794mg	404mg

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.

We're here to help!

Scan here if you have any questions or concerns

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1



Get prepped

- Drain the **sweetcorn**. In a small bowl, combine **mayonnaise** and **peri peri sauce**. Set aside.
- In a medium bowl, combine **beef mince**, **fine breadcrumbs**, **Nan's special seasoning**, the **egg** and a pinch of **salt**.
- Using damp hands, roll heaped spoonfuls of **beef mixture** into meatballs (3-4 per person), then flatten to make 2cm-thick rissoles. Transfer to a plate.

Custom Recipe: If you've swapped your beef mince to pork mince, prep in the same way as above.

3



Cook the rissoles

- While the couscous is cooking, 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.
- Remove pan from heat, add the **honey** and gently turn **rissoles** to coat.

TIP: For best results, drain the oil from the pan before adding the honey.

Custom Recipe: Cook pork rissoles in the same way as above.

2



Cook the couscous

- In a medium saucepan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **soffritto mix** and **corn**, stirring, until softened, **4-5 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 pan from heat. Set aside until the water has absorbed, **5 minutes**. Fluff up with a fork.

4



Serve up

- Stir **salad leaves** through the couscous. Season to taste.
- Divide veggie couscous between bowls. Top with honey-glazed beef rissoles.
- Drizzle over peri peri mayonnaise to serve. Enjoy!

Rate your recipe

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