



Everything
But The Chef

hello@hellofresh.com.au

02 81 888 722

Wk18
2015



Share your masterpiece to enter into our weekly photo contest! Simply post your delicious pic on [f](#) [t](#) [i](#) with #HelloFreshAU

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.