



Indian-Spiced Beef Rissoles & Bombay Potatoes

with Celery Slaw & Garlic Aioli

CUSTOMER FAVOURITE

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Mild North Indian Spice Blend



Celery



Cucumber



Beef Mince



Mumbai Spice Blend



Fine Breadcrumbs



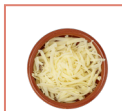
Sweet Chilli Sauce



Slaw Mix



Garlic Aioli



Shredded Cheddar Cheese

Recipe Update

Unfortunately, this week's radish was in short supply, so we've replaced it with cucumber. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

Prep in: 20-30 mins
Ready in: 30-40 mins

It's not meatballs or patties tonight, we're upgrading dinner to beef rissoles, perfect for chasing away colder nights with mild and aromatic Indian spices. Even the potatoes are getting a touch of warmth by roasting in those spices.

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

Pantry items

Olive Oil, Egg, White Wine Vinegar

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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
mild North Indian spice blend	1 sachet	1 sachet
celery	1 stalk	2 stalks
cucumber	1	2
beef mince	1 packet	1 packet (or 2 packets)
Mumbai spice blend	1 sachet	2 sachets
fine breadcrumbs	1 medium packet	1 large packet
egg*	1	2
sweet chilli sauce	1 medium packet	1 large packet
slaw mix	1 bag (150g)	1 bag (300g)
white wine vinegar*	drizzle	drizzle
garlic aioli	1 medium packet	1 large packet
shredded Cheddar cheese**	1 packet (40g)	1 packet (80g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3046kJ (728Cal)	533kJ (127Cal)
Protein (g)	41.2g	7.2g
Fat, total (g)	34.6g	6.1g
- saturated (g)	10g	1.8g
Carbohydrate (g)	66.6g	11.7g
- sugars (g)	27.6g	4.8g
Sodium (mg)	1185mg	207mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3404kJ (814Cal)	576kJ (138Cal)
Protein (g)	45.8g	7.7g
Fat, total (g)	42.1g	7.1g
- saturated (g)	14.5g	2.5g
Carbohydrate (g)	66.6g	11.3g
- sugars (g)	27.6g	4.7g
Sodium (mg)	1323mg	224mg

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

2023 | CW25



1



Roast the potatoes

- Preheat oven to **240°C/220°C fan-forced**. Cut **potato** into bite-sized chunks.
- Place on a lined oven tray. Sprinkle with **mild North Indian spice blend**, season with **salt**, drizzle with **olive oil** and toss to coat.
- Roast until tender, **20-25 minutes**.

Little cooks: Take the lead by tossing the potato!

Custom Recipe: If you've added shredded Cheddar cheese to your meal, in the last 5 minutes of cook time, remove tray from oven, sprinkle cheese over the potatoes and bake until golden and crisp, 5 minutes.

4



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.
- Return all **rissoles** to the pan. Remove pan from heat, drain the oil, then add **sweet chilli sauce** and turn **rissoles** to coat.

2



Get prepped

- Meanwhile, thinly slice **celery**. Thinly slice **cucumber** into rounds.

3



Prep the rissoles

- In a medium bowl, combine **beef mince**, **Mumbai spice blend**, **fine breadcrumbs**, 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.

Little cooks: Join the fun by helping combine the ingredients and shaping the mixture into rissoles!

5



Toss the slaw

- Meanwhile, combine **slaw mix**, **celery**, **cucumber** and a drizzle of **white wine vinegar** and **olive oil** in a large bowl.
- Season to taste and toss to combine.

6



Serve up

- Divide Indian-spiced rissoles, Bombay potatoes and celery slaw between bowls.
- Serve with **garlic aioli**. Enjoy!

Rate your recipe

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