



# Cheesy Beef Rissoles & Herby Roast Veggie Chunks with Smokey Aioli & Apple Slaw

CUSTOMER FAVOURITE

KID FRIENDLY

BEST SELLER

Grab your Meal Kit with this symbol



Potato



Carrot



Dried Oregano



Beef Mince



Garlic Paste



Louisiana Spice Blend



Grated Parmesan Cheese



Fine Breadcrumbs



Apple



Spring Onion



Shredded Cabbage Mix



Smokey Aioli



Shredded Cheddar Cheese

Prep in: 25-35 mins  
Ready in: 30-40 mins

Rissoles are a crowd-pleasing dinner winner, but when you infuse them with melted Parmesan, they're even harder to refuse! This colourful plate also gets a serve of herby roasted veggie chunks and a family-friendly salad for a rainbow of delights.

**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
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
carrot	1	2
dried oregano	½ sachet	1 sachet
beef mince	1 packet	1 packet (or 2 packets)
garlic paste	1 medium packet	1 large packet
Louisiana spice blend	1 sachet	2 sachets
<b>egg*</b>	1	2
grated Parmesan cheese	1 medium packet	1 large packet
fine breadcrumbs	1 medium packet	1 large packet
apple	1	2
spring onion	1 stem	2 stems
shredded cabbage mix	1 bag (150g)	1 bag (300g)
<b>white wine vinegar*</b>	drizzle	drizzle
smokey 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)	3365kJ (804Cal)	534kJ (128Cal)
Protein (g)	45.9g	7.3g
Fat, total (g)	40.2g	6.4g
- saturated (g)	12.6g	2g
Carbohydrate (g)	61.2g	9.7g
- sugars (g)	23.6g	3.7g
Sodium (mg)	1430mg	227mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3723kJ (890Cal)	573kJ (137Cal)
Protein (g)	50.5g	7.8g
Fat, total (g)	47.7g	7.3g
- saturated (g)	17.1g	2.6g
Carbohydrate (g)	61.2g	9.4g
- sugars (g)	23.6g	3.6g
Sodium (mg)	1568mg	241mg

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](https://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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## Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**. Cut **potato** and **carrot** into bite-sized chunks.
- Place **veggies** on a lined oven tray.
- Sprinkle with **dried oregano** (see ingredients), drizzle with **olive oil** and season with **salt** and **pepper**.
- Toss to coat, spread out evenly, then roast until tender, **20-25 minutes**.

**Custom Recipe:** If you've added shredded Cheddar cheese, in the last 5 minutes of cook time, remove veggies from oven, sprinkle with shredded Cheddar cheese and bake until golden and crisp.

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 all over and cooked through, **3-4 minutes** each side.

2



## Get prepped

- While the veggies are roasting, add **beef mince, garlic paste, Louisiana spice blend, the egg, grated Parmesan cheese** and **fine breadcrumbs** to a large bowl. Season with **pepper** and mix to combine.

3



## Make the rissoles

- Using damp hands, form heaped spoonfuls of **beef mixture** into meatballs (3-4 per person), then flatten to make 1cm-thick rissoles. Transfer to a plate.

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

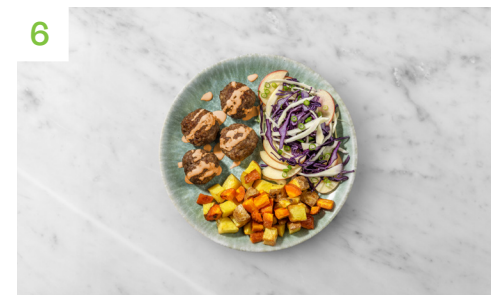
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## Make the slaw

- While the rissoles are cooking, thinly slice **apple** and **spring onion**.
- In a second large bowl, combine **apple, spring onion, shredded cabbage mix** and a drizzle of **white wine vinegar** and **olive oil**. Season and toss to coat.

6



## Serve up

- Divide cheesy beef rissoles, herby roast veggie chunks and apple slaw between plates.
- Drizzle **smokey aioli** over rissoles to serve. Enjoy!

**Little cooks:** Add the finishing touch by drizzling over the smokey aioli!

## Rate your recipe

Did we make your tastebuds happy?

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