



Sweet Bombay Beef Rissoles & Potatoes

with Apple Slaw & Garlic Aioli

CUSTOMER FAVOURITE

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Mild North Indian Spice Blend



Apple



Beef Mince



Mumbai Spice Blend



Fine Breadcrumbs



Sweet Chilli Sauce



Slaw Mix



Baby Spinach Leaves



Garlic Aioli

Recipe Update

Unfortunately, this week's celery was in short supply, so we've replaced it with apple. 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.

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
apple	1	2
beef mince	1 small packet	2 small packets OR 1 large packet
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)
baby spinach leaves	1 small bag	1 medium bag
white wine vinegar*	drizzle	drizzle
garlic aioli	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3026kJ (723Cal)	549kJ (131Cal)
Protein (g)	41.3g	7.5g
Fat, total (g)	34.5g	6.3g
- saturated (g)	10g	1.8g
Carbohydrate (g)	65.5g	11.9g
- sugars (g)	26.6g	4.8g
Sodium (mg)	1189mg	216mg

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.

1



Roast the potatoes

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

Little cooks: Take the lead by tossing the potato!

2



Get prepped

- Meanwhile, thinly slice **apple**.

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!

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.

5



Toss the slaw

- Meanwhile, combine **slaw mix**, **apple** and **baby spinach leaves** in a large bowl, along with a drizzle of **white wine vinegar** and **olive oil**.
- Season to taste and toss to combine.

6



Serve up

- Divide sweet Bombay beef rissoles, potatoes and apple slaw between plates.
- Serve with **garlic aioli**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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