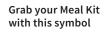


Apricot & Mumbai-Spiced Lamb Rissoles with Veggie Fries, Radish Slaw & Garlic Yoghurt

KID FRIENDLY

NEW











Radish

Carrot





Greek-Style Yoghurt





Mumbai Spice Blend

Lamb Mince





Fine Breadcrumbs



Shredded Cabbage

Pantry items



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

Calorie Smart

NEED

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

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

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	2 People	4 People		
olive oil*	refer to method	refer to method		
potato	1	2		
parsnip	1	2		
carrot	1	2		
radish	2	4		
garlic	3 cloves	6 cloves		
Greek-style yoghurt	1 medium packet	1 large packet		
lamb mince	1 packet	1 packet		
Mumbai spice blend	1 sachet	2 sachet		
fine breadcrumbs	1 packet	1 packet		
egg*	1	2		
apricot sauce	1 medium packet	1 large packet		
shredded cabbage mix	1 bag (150g)	1 bag (300g)		
white wine vinegar*	drizzle	drizzle		
beef mince**	1 small packet	2 small packets OR 1 large packet		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2237kJ (535Cal)	376kJ (90Cal)
Protein (g)	40.1g	6.7g
Fat, total (g)	15.7g	2.6g
- saturated (g)	5.1g	0.9g
Carbohydrate (g)	59.9g	10.1g
- sugars (g)	27.1g	4.6g
Sodium (mg)	509mg	86mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2680kJ (641Cal)	450kJ (108Cal)
Protein (g)	43.2g	7.3g
Fat, total (g)	24.9g	4.2g
- saturated (g)	10.1g	1.7g
Carbohydrate (g)	59.9g	10.1g
- sugars (g)	27.1g	4.6g
Sodium (mg)	489mg	82mg

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 | CW49



Bake the veggie fries

- Preheat oven to 220°C/200°C fan-forced.
- · Cut potato, parsnip and carrot into fries.
- Place veggie fries on a lined oven tray. Season with salt, drizzle with olive oil and toss to coat.
- Bake until tender, 20-25 minutes.

Little cooks: Help toss the veggie fries.



Make the garlic yoghurt

- Meanwhile, thinly slice radish. Finely chop garlic.
- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook half the garlic until fragrant, 1 minute.
- Transfer garlic oil to a small bowl, then add Greek-style yoghurt and stir to combine.
 Season to taste. Set aside.



Prep the rissoles

- In a medium bowl, combine lamb mince, Mumbai spice blend, fine breadcrumbs, the egg and the remaining garlic.
- Using damp hands, roll heaped spoonfuls of 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!

Custom Recipe: If you've swapped lamb mince for beef mince, prep beef rissoles in the same way as above.



Cook the rissoles

- When the fries have 10 minutes remaining, return the frying pan to medium-high heat with a drizzle of olive oil. Cook rissoles in batches, until browned and cooked through, 3-4 minutes each side.
- Remove from heat, then add apricot sauce and a splash of water, turning meatballs to coat.

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



Make the salad

 While the rissoles are cooking, combine shredded cabbage mix, radish and a drizzle of vinegar and olive oil in a second medium bowl.
 Season to taste.



Serve up

- Divide Mumbai lamb rissoles, radish slaw and veggie fries between plates.
- Serve with garlic yoghurt. Enjoy



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