



# Apricot & Mumbai-Spiced Lamb Rissoles

with Veggie Fries, Radish Slaw & Garlic Yoghurt

KID FRIENDLY

NEW

Grab your Meal Kit with this symbol



Potato



Parsnip



Carrot



Radish



Garlic



Greek-Style Yoghurt



Lamb Mince



Mumbai Spice Blend



Fine Breadcrumbs



Apricot Sauce



Shredded Cabbage Mix



Beef Mince

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.

### 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	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
<b>egg*</b>	1	2
apricot sauce	1 medium packet	1 large packet
shredded cabbage mix	1 bag (150g)	1 bag (300g)
<b>white wine vinegar*</b>	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](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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## 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.

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## 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.

2



## 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.

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## 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.

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## 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.

6



## Serve up

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

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)