



# Beef, Currant & Almond Rissoles

with Beetroot Relish, Avocado Salad & Potato Fries

FESTIVE FAVES

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Radish



Roasted Almonds



Currants



Avocado



Beef Mince



Fine Breadcrumbs



Aussie Spice Blend



Mixed Salad Leaves



Beetroot Relish



Dill & Parsley Mayonnaise



Venison & Beef Mince

Prep in: 20-30 mins  
Ready in: 25-35 mins

Let's go a little crazy with these rissoles because who said dinner can't be fun. Blow your mind (and tastebuds) by adding a dose of nutty goodness and currants to these beef rissoles. Keep the party going with a serving of hearty fries, perfect for dipping in a herby mayo. You'll be having a ball of fun!

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

### Pantry items

Olive Oil, Egg, Vinegar (White Wine or Rice Wine)

## 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
radish	2	4
roasted almonds	1 packet	2 packets
currants	1 medium packet	1 large packet
avocado	1 (small)	1 (medium)
beef mince	1 small packet	2 small packets OR 1 large packet
fine breadcrumbs	1 medium packet	1 large packet
egg*	1	2
Aussie spice blend	1 medium sachet	1 large sachet
mixed salad leaves	1 small bag	1 medium bag
<b>vinegar*</b> (white wine or rice wine)	drizzle	drizzle
beetroot relish	1 medium packet	2 medium packets
dill & parsley mayonnaise	1 medium packet	1 large packet
venison & beef mince**	1 packet	1 packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3841kJ (918Cal)	699kJ (167Cal)
Protein (g)	43.6g	7.9g
Fat, total (g)	54.5g	9.9g
- saturated (g)	12.6g	2.3g
Carbohydrate (g)	59.8g	10.9g
- sugars (g)	25.2g	4.6g
Sodium (mg)	900mg	164mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3848kJ (920Cal)	700kJ (167Cal)
Protein (g)	41g	7.5g
Fat, total (g)	57.2g	10.4g
- saturated (g)	13.5g	2.5g
Carbohydrate (g)	59.8g	10.9g
- sugars (g)	25.2g	4.6g
Sodium (mg)	913mg	166mg

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 fries

- Preheat oven to **220°C/200°C fan-forced**. Peel **potato** and cut into fries.
- Place **potato** on a lined oven tray. Drizzle generously with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Spread out evenly, then bake until tender, **20-25 minutes**.

3



## Make the rissoles

- In a medium bowl, combine **beef mince**, **fine breadcrumbs**, the **egg**, **Aussie spice blend**, **almonds**, **currants** and a pinch of **salt** and **pepper**.
- Using damp hands, roll heaped spoonfuls of **beef mixture** into meatballs, then flatten to make 2cm-thick rissoles (3-4 per person). Transfer to a plate.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **rissoles** in batches, until browned and cooked through, **3-4 minutes** each side.

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

**Custom Recipe:** If you've swapped to venison & beef mince, prep and cook mince in the same way as above.

2



## Get prepped

- Meanwhile, thinly slice **radish**. Roughly chop **roasted almonds** and **currants**.
- Slice **avocado** in half, scoop out flesh and roughly chop.

4



## Serve up

- Meanwhile, combine radish, avocado, **mixed salad leaves** and a drizzle of **vinegar** and olive oil in a second medium bowl. Season to taste.
- Divide beef, currant and almond rissoles, avocado salad and potato fries between plates.
- Top rissoles with **beetroot relish**.
- Serve with **dill & parsley mayonnaise**. Enjoy!

## Rate your recipe

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