



Sweet Bombay Beef Rissoles & Potatoes

with Celery Slaw & Garlic Aioli

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Mild North Indian Spice Blend



Celery



Pea Pods



Beef Mince



Mumbai Spice Blend



Fine Breadcrumbs



Sweet Chilli Sauce



Slaw Mix



Garlic Aioli



Shredded Cheddar Cheese

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.

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

Pantry items

Olive Oil, 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
celery	1 stalk	2 stalks
pea pods	½ bag (50g)	1 bag (100g)
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)
white wine vinegar*	drizzle	drizzle
garlic 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)	3005kJ (718Cal)	588kJ (141Cal)
Protein (g)	41.5g	8.1g
Fat, total (g)	32.1g	6.3g
- saturated (g)	10g	2g
Carbohydrate (g)	63.8g	12.5g
- sugars (g)	31g	6.1g
Sodium (mg)	1062mg	208mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3363kJ (804Cal)	633kJ (151Cal)
Protein (g)	46.1g	8.7g
Fat, total (g)	39.6g	7.5g
- saturated (g)	14.5g	2.7g
Carbohydrate (g)	63.8g	12g
- sugars (g)	31g	5.8g
Sodium (mg)	1200mg	226mg

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

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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!

Custom Recipe: If you've added shredded Cheddar cheese, in the last 5 minutes of cook time, remove tray from oven. Sprinkle cheese over the potatoes and continue baking until golden and crisp, 5 minutes.

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.

2



Get prepped

- Meanwhile, thinly slice **celery**.
- Trim and thinly slice **pea pods** (see ingredients) lengthways.

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 **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!

5



Toss the slaw

- Meanwhile, combine **slaw mix**, **celery**, **pea pods** and a drizzle of **white wine vinegar** and **olive oil** in a large bowl.
- Season to taste and toss to combine.

6



Serve up

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

Rate your recipe

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