



# Honey-Soy Beef Rissoles

with Sesame Fries & Japanese Cucumber Slaw

KID FRIENDLY



Grab your Meal Kit with this symbol



Potato



Mixed Sesame Seeds



Garlic



Cucumber



Beef Mince



Sweet Soy Seasoning



Fine Breadcrumbs



Asian Slaw Mix



Crushed Peanuts



Japanese Dressing



Coriander



Pork Mince

Prep in: 30-40 mins  
Ready in: 35-45 mins

How to improve on your everyday beef rissoles? Toss them in some honey glaze, of course! It adds loads of flavour and that saucy touch makes every mouthful a delight. Fries with crunchy sesame seeds and slaw coated in Japanese dressing seal the deal.

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

### Pantry items

Olive Oil, Honey, 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	2	4
mixed sesame seeds	1 medium sachet	1 large sachet
garlic	2 cloves	4 cloves
cucumber	1 (medium)	1 (large)
<b>honey*</b>	1 tbs	2 tbs
<b>water*</b>	1 tbs	2 tbs
beef mince	1 medium packet	2 medium packets OR 1 large packet
sweet soy seasoning	1 sachet	2 sachets
fine breadcrumbs	1 medium packet	1 large packet
<b>egg*</b>	1	2
Asian slaw mix	1 medium packet	1 large packet
crushed peanuts	1 packet	2 packets
<b>white wine vinegar*</b>	drizzle	drizzle
Japanese dressing	1 packet	2 packets
coriander	½ packet	1 packet
pork mince**	1 medium packet	2 medium packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3285kJ (785Cal)	569kJ (136Cal)
Protein (g)	46.1g	8g
Fat, total (g)	34.1g	5.9g
- saturated (g)	11g	1.9g
Carbohydrate (g)	68.8g	11.9g
- sugars (g)	38.2g	6.6g
Sodium (mg)	1012mg	175mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2994kJ (716Cal)	518kJ (124Cal)
Protein (g)	41.9g	7.3g
Fat, total (g)	29.6g	5.1g
- saturated (g)	8.2g	1.4g
Carbohydrate (g)	68.8g	11.9g
- sugars (g)	38.2g	6.6g
Sodium (mg)	1032mg	179mg

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

2024 | CW11



1



## Bake the sesame fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into fries.
- Place **fries** and **mixed sesame seeds** on a lined oven tray. Season with **salt** and **pepper** and drizzle with **olive oil**.
- Toss to coat, spread out evenly, then bake until tender, **20-25 minutes**.

4



## Cook the rissoles

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **rissoles** until browned all over and cooked through, **3-4 minutes** each side.
- Add the **honey glaze** and cook, tossing rissoles to coat, until slightly reduced, **1 minute**. Transfer to a plate and cover to keep warm.

**Custom Recipe:** Follow step as above.

2



## Get prepped

- While the fries are baking, finely chop **garlic**. Thinly slice **cucumber** into half-moons.
- In a small bowl, combine the **honey** and the **water**. Set aside.

5



## Toss the slaw

- Meanwhile, in a medium bowl, combine **Asian slaw mix**, **crushed peanuts**, **cucumber**, a drizzle of **white wine vinegar** and **Japanese dressing**. Season to taste.

3



## Make the rissoles

- In a large bowl, combine **beef mince**, **sweet soy seasoning**, **garlic**, **fine breadcrumbs** and the **egg**, then season with **pepper**.
- Using damp hands, form heaped spoonfuls of **beef mixture** into meatballs, then flatten to make 2cm-thick rissoles (3-4 per person). 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 to pork mince, follow step as above.

6



## Serve up

- Divide honey-soy beef rissoles and sesame fries between plates.
- Serve with Japanese cucumber slaw.
- Tear over **coriander** (see ingredients) to serve. Enjoy!

**Little cooks:** Add the finishing touch by sprinkling over the herbs!

## Rate your recipe

Did we make your tastebuds happy?

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