



Sichuan Honey-Glazed Beef Rissoles

with Roast Veggie & Corn Toss

NEW

Grab your Meal Kit with this symbol



Potato



Carrot



Beetroot



Sweetcorn



Beef Mince



Fine Breadcrumbs



All-American Spice Blend



Sichuan Garlic Paste



Parsley



Greek-Style Yoghurt



Pork Mince

Prep in: 25-30 mins
Ready in: 30-40 mins

Calorie Smart

Rissoles are a crowd-pleasing dinner winner, but when you add our All-American spice blend and toss them in Sichuan garlic paste, they're even harder to refuse! This plate also includes a serving of colourful roast veggies for a rainbow of delights.

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

Pantry items

Olive Oil, Egg, Honey, 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 | 1 | 2 |
| carrot | 2 | 4 |
| beetroot | 1 | 2 |
| sweetcorn | ½ large tin | 1 large tin |
| beef mince | 1 medium packet | 2 medium packets OR 1 large packet |
| fine breadcrumbs | 1 medium packet | 1 large packet |
| egg* | 1 | 2 |
| All-American spice blend | 1 sachet | 1 sachet |
| Sichuan garlic paste | ½ packet | 1 packet |
| honey* | 1 tsp | 2 tsp |
| parsley | 1 packet | 2 packets |
| white wine vinegar* | drizzle | drizzle |
| Greek-style yoghurt | 1 medium packet | 1 large 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) | 2708kJ (647Cal) | 507kJ (121Cal) |
| Protein (g) | 42.2g | 7.9g |
| Fat, total (g) | 29.1g | 5.4g |
| - saturated (g) | 10.9g | 2g |
| Carbohydrate (g) | 53.2g | 10g |
| - sugars (g) | 27.1g | 5.1g |
| Sodium (mg) | 1029mg | 193mg |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 2417kJ (577Cal) | 453kJ (108Cal) |
| Protein (g) | 38g | 7.1g |
| Fat, total (g) | 24.6g | 4.6g |
| - saturated (g) | 8g | 1.5g |
| Carbohydrate (g) | 53.2g | 10g |
| - sugars (g) | 27.1g | 5.1g |
| Sodium (mg) | 1050mg | 197mg |

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

2024 | CW11



1



Get prepped

- Preheat oven to **240°C/220°C fan-forced**. Cut **potato** and **carrot** into bite-sized chunks. Cut **beetroot** into 1cm chunks. Drain **sweetcorn** (**see ingredients**).

4



Cook the rissoles

- 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.
- Remove pan from heat, then add **Sichuan garlic paste** (**see ingredients**), the **honey** and a splash of **water**, turning rissoles to coat.

TIP: Add a splash more water if the glaze looks too thick.

Custom Recipe: Cook pork rissoles as above.

2



Roast the veggies

- Place **carrot**, **potato**, **beetroot** and **sweetcorn** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then roast until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide between two trays

5



Bring it all together

- When the roasted veggies are done, remove tray from oven, tear over **parsley** and add a drizzle of **white wine vinegar**. Toss to combine and season to taste.

3



Prep the rissoles

- Meanwhile, combine **beef mince**, **fine breadcrumbs**, the **egg**, **All-American spice blend** and a pinch of **salt** in a medium bowl.
- Using damp hands, roll heaped spoonfuls of **beef mixture** into balls, then flatten to make 2cm-thick rissoles (3-4 per person). Transfer to a plate.

Custom Recipe: If you've swapped to pork mince, prepare rissoles as above.

6



Serve up

- Divide roast veggie and corn toss between bowls.
- Top with sweet Sichuan beef rissoles.
- Dollop with **Greek-style yoghurt** to serve. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

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