



Kiwi-Spiced Lamb Rissoles & Mint Sauce

with Roasted Veggies & Almonds

KIWI FLAVOURS

NEW

KID FRIENDLY

Grab your meal kit with this number

2



Potato



Carrot



Parsnip



Beetroot



Garlic & Herb Seasoning



Lamb Mince



Kiwi Spice Blend



Fine Breadcrumbs



Mint Sauce



Parsley



Mayonnaise



Lamb Mince



Beef Mince

Prep in: 25-35 mins
Ready in: 30-40 mins

These simple lamb rissoles are packed with flavour, using our Kiwi spice blend! They're the perfect little parcels of joy, to be savoured with your favourite roast veg and a drizzle of mint sauce.

Pantry items

Olive Oil, Egg

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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
carrot	1	2
parsnip	1	2
beetroot	1	2
garlic & herb seasoning	1 medium sachet	1 large sachet
lamb mince	1 medium packet	2 medium packets OR 1 large packet
Kiwi spice blend	1 sachet	2 sachets
fine breadcrumbs	1 medium packet	1 large packet
egg*	1	2
mint sauce	1 medium packet	1 large packet
parsley	1 packet	1 packet
mayonnaise	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3168kJ (757Cal)	512kJ (122Cal)
Protein (g)	41.7g	6.7g
Fat, total (g)	35.7g	5.8g
- saturated (g)	6.7g	1.1g
Carbohydrate (g)	67.3g	10.9g
- sugars (g)	31.5g	5.1g
Sodium (mg)	1266mg	205mg
Dietary Fibre (g)	10.7g	1.7g

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.

1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato, carrot** and **parsnip** into bite-sized chunks.
- Cut **beetroot** into 1cm chunks.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, sprinkle over **garlic & herb seasoning**, season with **salt** and toss to coat.
- Roast until tender, **20-25 minutes**.

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

Little cooks: Kids can help sprinkle over the seasoning!

3



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.

2



Prep the rissoles

- In a medium bowl, combine **lamb mince**, **Kiwi spice blend**, **fine breadcrumbs**, the **egg** and a pinch of **salt**.
- Using damp hands, roll heaped spoonfuls of **lamb 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!

4



Serve up

- Divide roasted veggies between bowls.
- Top with Kiwi-spiced lamb rissoles and **mint sauce**.
- Tear over **parsley** and dollop with **mayonnaise** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW27



CUSTOM OPTIONS



DOUBLE LAMB MINCE

Follow method above, cooking in batches if necessary.



SWAP TO BEEF MINCE

Follow method above.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

