HELLO FRESH

Venison Rissoles & DIY Romesco Sauce
with Roast Potatoes & Avocado Salad

SKILL UP **NEW**

Capsicum

Garlic

Potato

Avocado

Venison & Beef Mince

Fine Breadcrumbs

Classic Roast Seasoning

Flaked Almonds

Chilli Flakes (Optional)

Mixed Salad Leaves

Beef Mince

Diced Bacon

Pantry items

Olive Oil, Egg, White Wine Vinegar

Prep in: 20-30 mins
Ready in: 40-50 mins

🍏 Protein Rich

Time to unleash your inner chef! Juicy, tender and packed with rich, savoury goodness, tonight's rissoles are paired with a smokey, homemade romesco sauce for the perfect dip. Add crispy roast potatoes and a refreshing avocado salad and you've got a meal that's too good to pass up!

_v2

You will need

Small or medium baking dish · Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
capsicum	1	2
garlic	2 cloves	4 cloves
potato	2	4
avocado	1 (small)	1 (large)
venison & beef mince	1 medium packet	2 medium packets OR 1 large packet
fine breadcrumbs	1 medium packet	1 large packet
classic roast seasoning	1 medium sachet	1 large sachet
egg*	1	2
flaked almonds	1 packet	2 packets
white wine vinegar*	1 tsp	2 tsp
salt*	¼ tsp	½ tsp
chilli flakes 🌶 (optional)	pinch	pinch
mixed salad leaves	1 medium packet	1 large packet

***Pantry Items**

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3355kJ (802cal)	452kJ (108cal)
Protein (g)	41.4g	5.6g
Fat, total (g)	49.6g	6.7g
- saturated (g)	13g	1.8g
Carbohydrate (g)	46g	6.2g
- sugars (g)	18.2g	2.5g
Sodium (mg)	921mg	124.2mg
Dietary Fibre (g)	8.2g	1.1g

The quantities provided above are averages only.

1

Roast the capsicum & garlic

- Preheat oven to **240°C/220°C fan-forced**.
- In a baking dish, place **capsicum** and **garlic cloves** (no need to peel!).
- Drizzle with **olive oil**, then bake until slightly charred and tender, **20-25 minutes**.
- Remove from the oven, cover with foil, then set aside to rest for **5 minutes**.

2

Prep & roast the potato

- Meanwhile, cut **potato** into bite-sized chunks.
- Place **potato** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until tender, **20-25 minutes**.

3

Get prepped

- Slice **avocado** in half, scoop out flesh and roughly chop.
- In a medium bowl, combine **venison & beef mince**, **fine breadcrumbs**, **classic roast seasoning** and the **egg**.
- 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.

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.

5

Make the sauce

- Carefully peel **capsicum** and **garlic cloves**, removing any stems and seeds.
- Transfer **capsicum**, **garlic**, **flaked almonds**, the **white wine vinegar**, **salt**, a pinch of **chilli flakes** (if using), and **olive oil** (¼ cup for 2 people / ½ cup for 4 people) to a food processor and blitz until desired consistency.

TIP: *If you don't have a food processor, finely chop all the sauce ingredients to make a chunky, rustic sauce.*
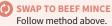
6

Serve up

- In a large bowl, combine avocado, **mixed salad leaves** and a drizzle of white wine vinegar and olive oil. Season with salt and pepper.
- Divide venison rissoles, roast potatoes and avocado salad between plates.
- Serve with DIY romesco sauce. Enjoy!

CUSTOM OPTIONS

SWAP TO BEEF MINCE
Follow method above.

ADD DICED BACON
In the last 5 minutes of cooking time, sprinkle over roast potatoes.

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