

# Garlicky Lamb Rissoles & Cheesy Wedges

with Cucumber Salad & Herby Mayo

MEDITERRANEAN

Grab your meal kit with this number

35



Potato



Grated Parmesan Cheese



Cucumber



Lamb Mince



Fine Breadcrumbs



Garlic & Herb Seasoning



Mixed Salad Leaves



Dill & Parsley Mayonnaise



Lamb Mince



Grated Parmesan Cheese

Prep in: 25-35 mins  
Ready in: 35-45 mins

Protein Rich

Calorie Smart

Lamb mince can raise rissoles to number one in our dinner time charts. They are the fan fave when you can dip them in a herby mayo. The secret to fame for this dish is melting Parmesan cheese over golden wedges.

**Pantry items**

Olive Oil, Egg, Honey, Balsamic Vinegar

## 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
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
grated Parmesan cheese	1 medium packet	1 large packet
cucumber	1 (medium)	1 (large)
lamb mince	1 medium packet	2 medium packets OR 1 large packet
fine breadcrumbs	1 medium packet	2 medium packets
garlic & herb seasoning	1 medium sachet	1 large sachet
<b>egg*</b>	1	2
<b>honey*</b>	1 tsp	2 tsp
<b>balsamic vinegar*</b>	1 tsp	2 tsp
mixed salad leaves	1 medium packet	1 large packet
dill & parsley mayonnaise	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2567kJ (498cal)	498kJ (97cal)
Protein (g)	41g	8g
Fat, total (g)	28.2g	5.5g
- saturated (g)	7.2g	1.4g
Carbohydrate (g)	48.6g	9.4g
- sugars (g)	7.6g	1.5g
Sodium (mg)	816mg	158.4mg
Dietary Fibre (g)	6.1g	1.2g

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.

1



## Bake the cheesy fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into wedges.
- Place **wedges** on a lined oven tray. Drizzle with **olive oil**, season with a pinch of **salt** and **pepper** and toss to coat. Spread out evenly and bake until tender, **20-25 minutes**.
- In the last **5 minutes**, remove tray from the oven, then sprinkle over **grated Parmesan cheese**. Return to the oven and bake until melted and golden.

4



## Cook the rissoles

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **lamb rissoles** until browned and cooked through, **4-5 minutes** each side.
- Remove pan from heat, then add the **honey** and turn **rissoles** to coat.

**TIP:** Don't worry if your rissoles get a little charred during cooking. It adds to the flavour!

**TIP:** Cook in batches for the best results!

2



## Get prepped

- While the wedges are baking, thinly slice **cucumber** into half-moons.

5



## Make the salad

- While the rissoles are cooking, combine the **balsamic vinegar**, a drizzle of **olive oil** and a pinch of **salt** and **pepper** in a second medium bowl.
- Add **mixed salad leaves** and **cucumber** and toss to combine.
- In a small bowl, combine **dill & parsley mayonnaise** and a splash of **water**.

3



## Make the rissoles

- In a medium bowl, combine **lamb mince**, **fine breadcrumbs**, **garlic & herb seasoning**, the **egg** and a pinch of **salt** and **pepper**.
- Using damp hands, form heaped spoonfuls of the **lamb mixture** into meatballs, then flatten to make 2cm-thick rissoles (4-5 per person).

6



## Serve up

- Divide cheesy wedges, cucumber salad and garlicky lamb rissoles between plates.
- Dollop herby mayo over the rissoles to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

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### CUSTOM OPTIONS



#### DOUBLE LAMB MINCE

Follow method above, cooking in batches if necessary.



#### DOUBLE GRATED PARMESAN CHEESE

Follow method above.

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

