

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
olive oil*	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
egg*	1	2
honey*	1 tsp	2 tsp
balsamic vinegar*	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 (613cal)	498kJ (97cal)
Protein (g)	41.1g	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)	823mg	159.8mg
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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



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.



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!



Get prepped

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



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**.



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).



Finish & serve

- 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

2025 | CW03



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.

