



Homestyle Beef Rissoles & Veggie Fries

with Beetroot Relish & Salad

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Carrot



Fine Breadcrumbs



Aussie Spice Blend



BBQ Sauce



Cucumber



Spinach & Rocket Mix



Beetroot Relish



Dill & Parsley Mayonnaise



Beef Mince

Prep in: 20-30 mins
Ready in: 35-45 mins

Rissoles are a crowd-pleasing dinner winner, but when you infuse them with our moreish Aussie spice blend, they're even harder to refuse! This colourful plate also gets a serve of veggie fries and an irresistible beetroot relish for a rainbow of delights.

Pantry items

Olive Oil, Egg, Balsamic Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

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
beef mince	1 packet	1 packet
fine breadcrumbs	1 packet	1 packet
Aussie spice blend	1 sachet	1 sachet
egg*	1	2
BBQ sauce	1 packet (40g)	1 packet (80g)
cucumber	1 (medium)	1 (large)
spinach & rocket mix	1 small bag	1 medium bag
balsamic vinegar*	drizzle	drizzle
beetroot relish	1 packet	2 packets
dill & parsley mayonnaise	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3233kJ (773Cal)	531kJ (127Cal)
Protein (g)	40.7g	6.7g
Fat, total (g)	37.8g	6.2g
- saturated (g)	10.3g	1.7g
Carbohydrate (g)	64.9g	10.7g
- sugars (g)	29.4g	4.8g
Sodium (mg)	1182mg	194mg

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 veggie fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** and **carrot** into fries.
- Place **veggie fries** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Bake until tender, **20-25 minutes**.

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



Make the rissoles

- In a medium bowl, combine **beef mince**, **fine breadcrumbs**, **Aussie spice blend**, the **egg** and a pinch of **salt** and **pepper**.
- Using damp hands, form heaped spoonfuls of **beef mixture** into meatballs then flatten to make 2cm-thick rissoles (3-4 per person). Transfer to a plate.

Little cooks: Join the fun by helping combine the ingredients and shaping the mixture into rissoles!



Cook the rissoles

- Heat large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **rissoles** in batches, until browned and cooked through, **3-4 minutes** each side.
- Remove pan from heat and add the **BBQ sauce**, turning **rissoles** to coat.



Prep the cucumber

- While the rissoles are cooking, slice **cucumber** into rounds.



Make the salad

- In a second medium bowl, combine **spinach & rocket mix**, **cucumber** and a drizzle of **balsamic vinegar** and **olive oil**. Season to taste.



Serve up

- Divide homestyle beef rissoles, veggie fries and garden salad between plates.
- Top rissoles with **beetroot relish**. Serve with **dill & parsley mayonnaise**. Enjoy!

Little cooks: Add the finishing touch by dolloping over the sauces!

We're here to help!

Scan here if you have any questions or concerns



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