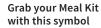


Homestyle Beef Rissoles & Veggie Fries with Beetroot Relish & Salad

KID FRIENDLY











Fine Breadcrumbs





Blend

BBQ Sauce

Cucumber



Spinach & Rocket



Beetroot Relish



Dill & Parsley Mayonnaise



Beef Mince



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

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	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

Per Serving	Per 100g
3233kJ (773Cal)	531kJ (127Cal)
40.7g	6.7g
37.8g	6.2g
10.3g	1.7g
64.9g	10.7g
29.4g	4.8g
1182mg	194mg
	3233kJ (773Cal) 40.7g 37.8g 10.3g 64.9g 29.4g

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!

