



Quick Beef, Currant & Pistachio Rissoles

with Beetroot Relish, Radish Salad & Kumara Fries

FESTIVE FAVE

KID FRIENDLY

Grab your Meal Kit with this symbol



Kumara



Radish



Pistachios



Currants



Fine Breadcrumbs



Aussie Spice Blend



Mixed Salad Leaves



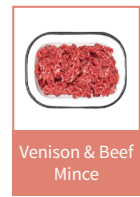
Beetroot Relish



Dill & Parsley Mayonnaise



Beef Mince



Venison & Beef Mince

Prep in: 20-30 mins
Ready in: 25-35 mins

Let's go a little crazy with these rissoles because who said dinner can't be fun. Blow your mind (and tastebuds) by adding a dose of pistachio nutty goodness and currants to these beef rissoles. Keep the party going with a serving of bright kumara fries, perfect for dipping in a herby mayo. You'll be having a ball of fun!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Egg, Red Wine 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
kumara	1	2
radish	2	4
pistachios	1 packet	2 packets
currants	1 medium packet	1 large packet
beef mince	1 packet	1 packet (or 2 packets)
fine breadcrumbs	1 packet	1 packet
egg*	1	2
Aussie spice blend	1 sachet	1 sachet
mixed salad leaves	1 small bag	1 medium bag
red wine vinegar*	drizzle	drizzle
beetroot relish	1 packet (50g)	2 packets (100g)
dill & parsley mayonnaise	1 medium packet	1 large packet
venison & beef mince**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3467kJ (829Cal)	701kJ (168Cal)
Protein (g)	40.9g	8.3g
Fat, total (g)	44.3g	9g
- saturated (g)	10.9g	2.2g
Carbohydrate (g)	63.2g	12.8g
- sugars (g)	28.2g	5.7g
Sodium (mg)	988mg	200mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3474kJ (830Cal)	702kJ (168Cal)
Protein (g)	38.4g	7.8g
Fat, total (g)	47g	9.5g
- saturated (g)	11.8g	2.4g
Carbohydrate (g)	63.2g	12.8g
- sugars (g)	28.2g	5.7g
Sodium (mg)	1016mg	205mg

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.

We're here to help!

Scan here if you have any questions or concerns

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Bake the kumara fries

- Preheat oven to **220°C/200°C fan-forced**. Peel **kumara** and cut into fries.
- Place **kumara** on a lined oven tray. Drizzle generously with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Add a dash of **water** to the tray and bake until tender, **20-25 minutes**.



Cook the rissoles

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

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

Custom Recipe: If you've swapped to venison & beef mince, prep and cook mince in the same way as above.



Get prepped

- Meanwhile, thinly slice **radish**. Roughly chop **pistachios** and **currants**.



Serve up

- Meanwhile, combine radish, **mixed salad leaves** and a drizzle of **red wine vinegar** and olive oil in a second medium bowl. Season to taste.
- Divide beef, currant and pistachio rissoles, radish salad and kumara fries between plates.
- Top rissoles with **beetroot relish**. Serve with a dollop of **dill & parsley mayonnaise**. Enjoy!

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