


Cheesy Beef Rissoles & Kumara Fries

with Caramelised Onion & Mayo Dressing

Grab your Meal Kit with this symbol 



Kumara



Garlic



Red Onion



Tomato



Carrot



Beef Mince



All-American
Spice Blend



Fine Breadcrumbs



Shredded Cheddar
Cheese



Mixed Salad
Leaves



Mayonnaise

 Hands-on: 30-40 mins
Ready in: 40-50 mins

Rissoles are a crowd-pleasing dinnertime winner, but when you cover them with cheese and sweet caramelised onion, they're even harder to refuse! This colourful plate also gets a serve of kumara fries and a family-friendly salad for a rainbow of delights.

Pantry items

Olive Oil, Egg, Soy Sauce, Brown Sugar, Balsamic Vinegar, Honey

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 with a lid (or foil)

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
kumara	2 (medium)	2 (large)
garlic	1 clove	2 cloves
red onion	1 (medium)	1 (large)
tomato	1	2
carrot	1	2
beef mince	1 packet	1 packet
All-American spice blend	1 sachet	1 sachet
fine breadcrumbs	¼ packet	½ packet
egg*	1	2
soy sauce*	1 tbs	2 tbs
salt*	¼ tsp	½ tsp
water*	2 tsp	4 tsp
brown sugar*	1 tsp	2 tsp
balsamic vinegar* (for the onion)	1 tbs	2 tbs
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
honey*	½ tsp	1 tsp
balsamic vinegar* (for the dressing)	2 tsp	4 tsp
mixed salad leaves	1 bag (60g)	1 bag (120g)
mayonnaise	1 packet (40g)	1 packet (100g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2780kJ (665Cal)	423kJ (101Cal)
Protein (g)	43.4g	6.6g
Fat, total (g)	30.9g	4.7g
- saturated (g)	10.7g	1.6g
Carbohydrate (g)	48.7g	7.4g
- sugars (g)	27.1g	4.1g
Sodium (mg)	1510mg	230mg

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 kumara fries

Preheat the oven to **240°C/220°C fan-forced**. Cut the **kumara** (unpeeled) into 1cm-thick fries. Place the fries on an oven tray lined with baking paper. Drizzle with **olive oil** and season with **salt**. Toss to coat and arrange in a single layer. Bake until tender, **20-25 minutes**.

TIP: Cut the kumara to size so it cooks in time!



Get prepped

While the fries are baking, finely chop the **garlic**. Thinly slice the **red onion**. Roughly chop the **tomato**. Grate the **carrot** (unpeeled). In a large bowl, combine the **beef mince**, **garlic**, **All-American spice blend**, **fine breadcrumbs** (see ingredients), **egg**, **soy sauce** and the **salt**. Using damp hands, shape the **mixture** into meatballs, then flatten to make 2cm-thick rissoles. Transfer to a plate.



Caramelize the onion

In a large frying pan, heat a drizzle of **olive oil** over a medium heat. Add the **onion** and cook, stirring until softened, **5-6 minutes**. Add the **water**, **brown sugar** and **balsamic vinegar (for the onion)** and mix well. Cook until dark and sticky, **3-5 minutes**. Transfer to a small bowl.



Cook the beef patties

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **beef rissoles** until just cooked through, **3-4 minutes** each side (cook in batches if your pan is getting crowded). In the last **2-3 minutes** of cook time, sprinkle the **shredded Cheddar cheese** over the **rissoles** and cover with a lid or foil until melted.



Make the salad

While the rissoles are cooking, combine the **honey**, a generous drizzle of **olive oil** and **balsamic vinegar (for the dressing)** in a medium bowl. Season with **salt** and **pepper** and mix well. Add the **mixed salad leaves**, **tomato** and **carrot** and toss to coat.



Serve up

Divide the salad, kumara fries and cheesy beef rissoles between plates. Top the rissoles with the caramelized onion and serve with the **mayonnaise**.

Enjoy!