



Cheesy Beef Rissoles & Potato Wedges

with Caramelised Onion & Mixed Salad

Grab your Meal Kit with this symbol



Potato



Cucumber



Red Onion



Carrot



Sesame Seeds



Beef Mince



Fine Breadcrumbs



Dijon Mustard



Louisiana Spice Blend



Shredded Cheddar Cheese



Mixed Salad Leaves



Burger Sauce

Hands-on: **25-35 mins**
Ready in: **40-50 mins**

Rissoles are a crowd-pleasing 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 wedges and a family-friendly salad for a rainbow of delights.

Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar, Egg, White 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 with a lid (or foil)

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
cucumber	1 (medium)	1 (large)
red onion	1 (medium)	1 (large)
carrot	½	1
sesame seeds	½ sachet	1 sachet
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	1 tsp	2 tsp
water*	½ tbs	1 tbs
beef mince	1 packet	1 packet
egg*	1	2
fine breadcrumbs	1 packet	1 packet
Dijon mustard	1 packet (15g)	2 packets (30g)
Louisiana spice blend	1 sachet	2 sachets
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
mixed salad leaves	1 bag (30g)	1 bag (60g)
white wine vinegar*	drizzle	drizzle
burger sauce	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3235kJ (773Cal)	516kJ (123Cal)
Protein (g)	46.9g	7.5g
Fat, total (g)	35.8g	5.7g
- saturated (g)	13.8g	2.2g
Carbohydrate (g)	66.4g	10.6g
- sugars (g)	22.3g	3.6g
Sodium (mg)	1511mg	241mg

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 wedges

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** into wedges, then place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Spread out evenly, then bake until tender, **20-25 minutes**.



Cook the rissoles

In a medium bowl, combine the **beef mince**, **egg**, **fine breadcrumbs**, **Dijon mustard**, **Louisiana spice blend** and a pinch of **salt**. Using damp hands, roll heaped spoonfuls of the **mixture** into meatballs, then flatten to make 2cm-thick rissoles. Transfer to a plate. You should get 3-4 rissoles per person. Wash and dry the frying pan, then return to a medium-high heat with a drizzle of **olive oil**. Cook the **rissoles** in batches until browned and cooked through, **3-4 minutes** each side. In the last **1-2 minutes** of cook time, sprinkle the **shredded Cheddar cheese** over each rissole and cover with a lid (or foil) so the cheese melts.



Get prepped

While the wedges are baking, thinly slice the **cucumber** and **red onion**. Grate the **carrot** (see ingredients). Heat a large frying pan over a medium-high heat. Toast the **sesame seeds** (see ingredients), tossing, until golden, **3-4 minutes**. Transfer to a bowl.



Make the salad

While the rissoles are cooking, add the **cucumber**, **carrot**, **mixed salad leaves**, a pinch of **salt** and a drizzle of **olive oil** and **white wine vinegar** to a large bowl. Toss to combine.



Caramelize the onion

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **onion**, stirring, until softened, **5-6 minutes**. Reduce the heat to medium, then add the **balsamic vinegar**, **brown sugar** and **water** and mix well. Cook until dark and sticky, **3-5 minutes**. Transfer to a bowl.



Serve up

Divide the cheesy beef rissoles, potato wedges and mixed salad between plates. Top the rissoles with caramelised onion and sprinkle over the toasted sesame seeds. Serve with the **burger sauce**.

Enjoy!