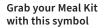
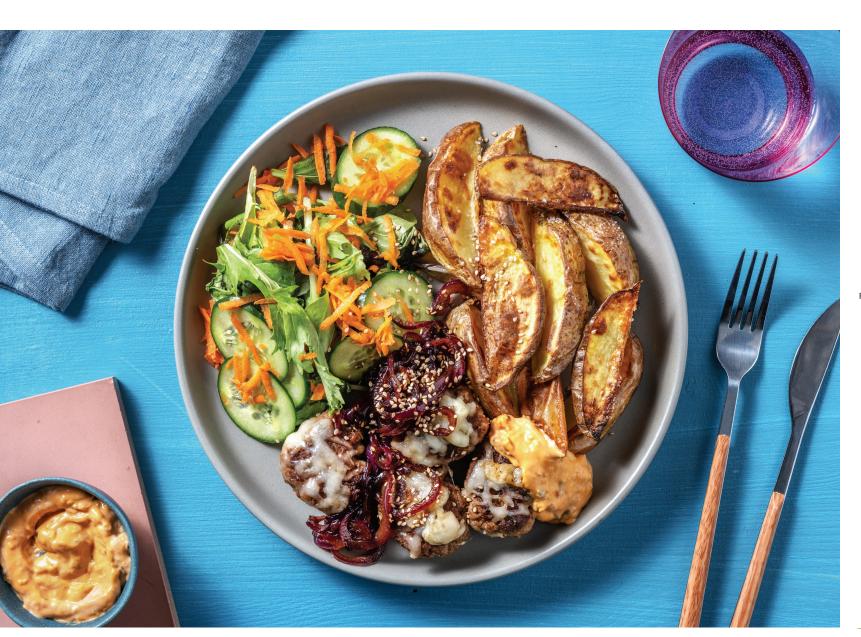
# Cheesy Beef Rissoles & Potato Wedges with Caramelised Onion & Mixed Salad











Cucumber



Red Onion

Carrot





Sesame Seeds





Fine Breadcrumbs

Dijon Mustard







Louisiana Spice Blend





Mixed Salad

Leaves

**Burger Sauce** 

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

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	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	1/2	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	

<sup>\*</sup>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.



## 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.



#### Caramelise 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.



#### 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.



# 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.



#### 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!