



# Honey-Soy Beef Rissoles & Sesame Fries

with Japanese Radish Slaw & Mayonnaise

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Mixed Sesame Seeds



Garlic



Radish



Beef Mince



Ginger Paste



Fine Breadcrumbs



Asian Slaw Mix



Japanese Dressing



Mayonnaise

Prep in: **25-35 mins**  
Ready in: **30-40 mins**

Dark and rich, a hint of sweet, wrapped into delicious parcels, address is your plate. Upwrap this gift from us to you and find a plate of honey-soy beef rissoles and a side of fries. As a surprise, we've even included the added accessory of sesame seeds, perfect for baking with the fries to give it some crunch.

## Pantry items

Olive Oil, Soy Sauce, Honey, Egg



## Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
mixed sesame seeds	1 sachet	1 sachet
garlic	2 cloves	4 cloves
radish	2	4
<b>soy sauce*</b>	1 tbs	2 tbs
<b>honey*</b>	1 tbs	2 tbs
<b>water*</b>	1 tbs	2 tbs
beef mince	1 packet	1 packet (or 2 packets)
ginger paste	1 medium packet	1 large packet
fine breadcrumbs	1 medium packet	1 large packet
<b>egg*</b>	1	2
Asian slaw mix	1 bag (150g)	1 bag (300g)
Japanese dressing	1 packet (30g)	2 packets (60g)
mayonnaise	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3175kJ (759Cal)	586kJ (140Cal)
Protein (g)	41.9g	7.7g
Fat, total (g)	36.4g	6.7g
- saturated (g)	11.1g	2g
Carbohydrate (g)	61g	11.3g
- sugars (g)	27.5g	5.1g
Sodium (mg)	873mg	161mg

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](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## Bake the sesame fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into fries, then place on a lined oven tray. Season with **salt**, drizzle with **olive oil** and sprinkle over **mixed sesame seeds**.
- Toss to coat, spread out evenly, then bake until tender, **20-25 minutes**.

2



## Get prepped

- While the fries are baking, finely chop **garlic**. Thinly slice **radish**.
- In a small bowl, combine the **soy sauce**, **honey** and the **water**. Set aside.

**Little cooks:** Take charge by combining the sauce!

3



## Make the rissoles

- In a medium bowl, combine **beef mince**, **ginger paste**, **garlic**, **fine breadcrumbs** and the **egg**, then season with **salt** and **pepper**.
- Using damp hands, roll heaped spoonfuls of **beef mixture** into meatballs (3-4 per person), then flatten to make 2cm-thick rissoles. Transfer to a plate.

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

4



## Cook the rissoles

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **rissoles** until browned all over and cooked through, **3-4 minutes** each side.
- Add the **honey-soy glaze**, tossing **rissoles** to coat and cook until slightly reduced, **1 minute**. Set aside.

5



## Toss the slaw

- In a second medium bowl, combine **Asian slaw mix**, **radish** and **Japanese dressing**.

6



## Serve up

- Divide honey-soy beef rissoles, sesame fries and Japanese radish slaw between plates.
- Serve with **mayonnaise**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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