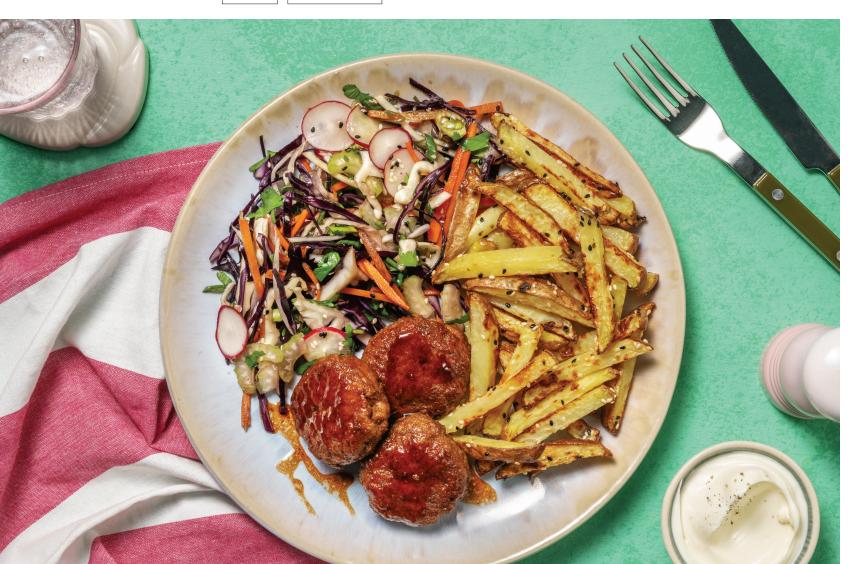


Honey-Soy Beef Rissoles & Sesame Fries with Japanese Radish Slaw & Mayonnaise

NEW

KID FRIENDLY



Grab your Meal Kit with this symbol





Mixed Sesame

Seeds





Garlic



Radish



Beef Mince

Ginger Paste





Fine Breadcrumbs



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 \cdot Large frying pan

Ingredients

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	2 People	4 People	
olive oil*	refer to method	refer to method	
potato	2	4	
mixed sesame seeds	1 sachet	1 sachet	
garlic	2 cloves	4 cloves	
radish	2	4	
soy sauce*	1 tbs	2 tbs	
honey*	1 tbs	2 tbs	
water*	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	
egg*	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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



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**.



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!



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!



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.



Toss the slaw

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



Serve up

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

