



Lemon Pepper Beef Rissoles & Veggie Brown Rice

with Garlic Yoghurt

NEW

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Brown Rice



Tomato



Garlic



Celery



Lemon Pepper Spice Blend



Fine Breadcrumbs



Onion Chutney



Baby Spinach Leaves



Greek-Style Yoghurt



Beef Mince

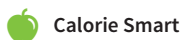
Keep an eye out...

Due to recent sourcing challenges, we've replaced Freekeh with brown rice, which may be a little different to what's pictured. Don't worry, your recipe will be just as delicious!

Pantry items

Olive Oil, Egg, Red Wine Vinegar

Prep in: 20-30 mins
Ready in: 30-40 mins



Brown rice becomes irresistible when there's a helping of beef rissoles on top. These rissoles will surprise you with a buffet of flavours, from zest to pepper from our special seasoning, to a smokey-sweet combo of onion chutney. Finishing it off tonight is a fragrant garlic yoghurt dolloped on top.

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

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown rice	1 packet	2 packets
tomato	1	2
garlic	2 cloves	4 cloves
celery	1 stalk	2 stalks
Greek-style yoghurt	1 medium packet	1 large packet
beef mince	1 packet	1 packet (or 2 packets)
lemon pepper spice blend	1 sachet	2 sachets
fine breadcrumbs	1 packet	1 packet
egg*	1	2
onion chutney	1 packet (40g)	1 packet (80g)
baby spinach leaves	1 small bag	1 medium bag
red wine vinegar*	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2723kJ (650Cal)	729kJ (174Cal)
Protein (g)	39.1g	10.5g
Fat, total (g)	22.5g	6g
- saturated (g)	9.3g	2.5g
Carbohydrate (g)	70.2g	18.8g
- sugars (g)	10.1g	2.7g
Sodium (mg)	586mg	157mg

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.

1



Cook the brown rice

- Half-fill a medium saucepan with **water**. Add **brown rice** and a generous pinch of **salt**.
- Bring to the boil over high heat and cook, uncovered, until tender, **25-30 minutes**.
- Drain **rice**, then return to saucepan.

4



Cook the rissoles

- Wipe out the frying pan, then return to medium-high heat with a drizzle of **olive oil**. Cook **rissoles** in batches until browned and cooked through, **3-4 minutes** each side.
- Remove from heat, then stir through **onion chutney**, tossing to coat.

TIP: For best results, drain the oil from the pan before adding the chutney.

2



Get prepped

- Meanwhile, finely chop **tomato** and **garlic**. Thinly slice **celery**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **garlic** until fragrant, **1 minute**.
- Transfer **garlic oil** to a small bowl, then add **Greek-style yoghurt** and stir to combine. Season to taste.

5



Finish the brown rice

- To the **brown rice**, add **celery**, **tomato**, **baby spinach leaves** and a drizzle of **red wine vinegar** and **olive oil**.
- Toss to combine and season to taste.

3



Prep the rissoles

- In a medium bowl, combine **beef mince**, **lemon pepper spice blend**, **fine breadcrumbs**, the **egg** and a pinch of **salt**.
- Using damp hands, roll heaped spoonfuls of **beef mixture** into meatballs, then flatten to make 2cm-thick rissoles (3-4 per person).

6



Serve up

- Divide veggie brown rice between bowls. Top with lemon pepper beef rissoles.
- Dollop with garlic yoghurt to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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