



Parmesan Beef & Pork Rissoles

with Pesto Potatoes & Garden Salad

Grab your Meal Kit with this symbol



Potato



Aussie Spice Blend



Fine Breadcrumbs



Tomato



Mixed Salad Leaves



Mayonnaise



Beef & Pork Mince



Grated Parmesan Cheese



Basil Pesto

Recipe Update

The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: **20-30** mins
Ready in: **25-35** mins

Give rissoles a tasty makeover with a sprinkle of Parmesan for a sharp flavour boost. With oven-baked potato chunks tossed in fresh and fragrant basil pesto and a dollop of mayo, this meal shines a whole new light on a tried-and-true dinner.

Pantry items

Olive Oil, Egg, Honey, Balsamic 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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
beef & pork mince	1 packet	1 packet
Aussie spice blend	1 sachet	1 sachet
fine breadcrumbs	½ packet	1 packet
egg*	1	2
grated Parmesan cheese	1 packet (30g)	1 packet (60g)
honey*	½ tbs	1 tbs
tomato	1	2
basil pesto	1 packet (50g)	1 packet (100g)
mixed salad leaves	1 small bag	1 medium bag
balsamic vinegar*	drizzle	drizzle
mayonnaise	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3676kJ (879Cal)	733kJ (175Cal)
Protein (g)	46.3g	9.2g
Fat, total (g)	55.3g	11g
- saturated (g)	15.5g	3.1g
Carbohydrate (g)	45.8g	9.1g
- sugars (g)	17g	3.4g
Sodium (mg)	982mg	196mg

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

We're here to help!

Scan here if you have any questions or concerns

2022 | CW42



1



Roast the potatoes & get prepped

- Preheat oven to **240°C/220°C fan-forced**. Cut **potato** into bite-sized chunks.
- Place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Roast until tender, **20-25 minutes**.
- Meanwhile, combine **beef & pork mince**, **Aussie spice blend**, **fine breadcrumbs** (see ingredients), the **egg** and **grated Parmesan cheese** in a large bowl. Season with **salt** and **pepper**.
- Using damp hands, roll heaped spoonfuls of **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!

3



Finish the potatoes & make the salad

- While the rissoles are cooking, roughly chop **tomato**.
- When the **potatoes** are done, add **basil pesto** to the oven tray and toss to combine.
- In a medium bowl, combine **mixed salad leaves**, **tomato** and a drizzle of **balsamic vinegar** and **olive oil**. Season to taste.

Little cooks: Take the lead by combining the ingredients for the salad!

2



Cook the rissoles

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **rissoles** in batches, until browned and cooked through, **3-4 minutes** each side.
- Remove pan from heat, then add the **honey** and toss to coat.

4



Serve up

- Divide pesto potatoes, garden salad and Parmesan beef and pork rissoles between plates.
- Serve with **mayonnaise**. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://www.hellofresh.co.nz/rate)