



# Sweet Peri Peri Venison & Beef Rissoles

with Veggie Fries & Creamy Slaw

Grab your Meal Kit with this symbol



Parsnip



Carrot



Beetroot



Baby Spinach Leaves



All-American Spice Blend



Fine Breadcrumbs



Garlic Aioli



Peri Peri Sauce

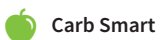


Venison & Beef Mince



Slaw Mix

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



There have been many sauces we've paired with rissoles but we think you're really going to cheer for our latest combination. We're getting hyped to take a bite out of these venison and beef rissoles that have been rolled with our All-American spice, especially when they come with a peri peri sauce on top! It's another winner in our books.

### Pantry items

Olive Oil, Egg, Honey

## 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
<b>olive oil*</b>	refer to method	refer to method
parsnip	1	2
carrot	1	2
beetroot	1	2
baby spinach leaves	1 small bag	1 medium bag
venison & beef mince	1 packet	1 packet
All-American spice blend	1 sachet	1 sachet
fine breadcrumbs	1 packet	1 packet
<b>egg*</b>	1	2
slaw mix	1 bag (150g)	1 bag (300g)
garlic aioli	1 medium packet	1 large packet
peri peri sauce	1 packet (50g)	1 packet (100g)
<b>honey*</b>	1 tsp	2 tsp

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2715kJ (649Cal)	543kJ (130Cal)
Protein (g)	33.1g	6.6g
Fat, total (g)	42.9g	8.6g
- saturated (g)	10.4g	2.1g
Carbohydrate (g)	39.4g	7.9g
- sugars (g)	20.5g	4.1g
Sodium (mg)	1512mg	302mg
Dietary Fibre (g)	11.2g	2.2g

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.



## Get prepped

- Preheat oven to **240°C/220°C fan-forced**
- Cut **parsnip, carrot** and **beetroot** into fries.
- Roughly chop **baby spinach leaves**.



## Cook the rissoles

- When the fries have **10 minutes** remaining, heat a large frying pan over medium-high heat with a drizzle of **olive oil**.
- Cook **rissoles** in batches, until browned and cooked through, **3-4 minutes** each side.



## Bake the veggie fries

- Place **parsnip, carrot** and **beetroot** 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**.



## Make the slaw

- Meanwhile, combine **slaw mix, baby spinach, garlic aioli** and a drizzle of **olive oil** in a medium bowl. Season to taste.
- In a small bowl, combine **peri peri sauce** and the **honey**.



## Make the rissoles

- Meanwhile, combine **venison & beef mince, All-American spice blend, fine breadcrumbs** and the **egg** in a medium bowl.
- 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.



## Serve up

- Divide veggie fries, creamy slaw and venison-beef rissoles between plates.
- Spoon sweet peri peri sauce over rissoles to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

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## Rate your recipe

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