


Tunisian Lamb Rissoles & Roasted Potatoes

with Cucumber Salad & Garlic Yoghurt

Grab your Meal Kit with this symbol 



Potato



Garlic



Lemon



Tunisian Seasoning



Fine Breadcrumbs



Cucumber



Radish



Cos Lettuce



Greek-Style Yoghurt



Lamb Mince

 **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: 30-40 mins
Ready in: 35-45 mins

 High Protein

 Calorie Smart

These simple rissoles are packed with moisture and flavour by using rich lamb mince and Tunisian seasoning. They're the perfect little parcels of joy to be savoured with an easy serving of roasted potatoes and a peppery salad.

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
olive oil*	refer to method	refer to method
potato	2	4
garlic	3 cloves	6 cloves
lemon	½	1
Greek-style yoghurt	1 medium packet	1 large packet
lamb mince	1 packet	1 packet
Tunisian seasoning	1 sachet	2 sachets
fine breadcrumbs	½ packet	1 packet
egg*	1	2
salt*	¼ tsp	½ tsp
honey*	1 tsp	2 tsp
cucumber	1 (medium)	1 (large)
radish	2	3
cos lettuce	½ head	1 head

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2320kJ (554Cal)	395kJ (94Cal)
Protein (g)	40.6g	6.9g
Fat, total (g)	20.4g	3.5g
- saturated (g)	5.9g	1g
Carbohydrate (g)	53g	9g
- sugars (g)	18g	3.1g
Sodium (mg)	1143mg	195mg

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.

We're here to help!

Scan here if you have any questions or concerns



Roast the potatoes

- 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**.



Cook the rissoles

- When the potatoes have **10 minutes** remaining, 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 pan from heat, then add the **honey** and turn rissoles to coat.



Get prepped

- Meanwhile, finely chop **garlic**. Zest **lemon** to get a good pinch, then slice into wedges.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook 1/2 the **garlic** until fragrant, **1 minute**.
- Transfer **garlic oil** to a small bowl, then add **Greek-style yoghurt** and stir to combine. Set aside.



Make the salad

- While the rissoles are cooking, thinly slice **cucumber** into half-moons. Thinly slice **radish**. Shred **cos lettuce** leaves (see ingredients).
- In a second large bowl, combine **cos lettuce**, **cucumber**, **radish**, a good squeeze of **lemon juice** and a drizzle of **olive oil**. Season to taste.



Make the rissoles

- In a large bowl, combine **lamb mince**, **Tunisian seasoning**, **lemon zest**, **fine breadcrumbs**, the **egg**, **salt** and the remaining **garlic**.
- Using damp hands, form heaped spoonfuls of the **lamb mixture** into meatballs, then flatten to make 2cm-thick rissoles (3-4 per person). Transfer to a plate.



Serve up

- Divide roasted potatoes, Tunisian lamb rissoles and cucumber salad between plates.
- Serve with garlic yoghurt and any remaining lemon wedges. Enjoy!

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