



# Roaring Beef Rissoles & Halloween Fries

with Sticky Beetroot Relish & Salad

HALLOWEEN

KID FRIENDLY

BESTSELLER

Grab your Meal Kit with this symbol



Sweet Potato



Beef Mince



Fine Breadcrumbs



Aussie Spice Blend



Beetroot



BBQ Sauce



Snacking Tomatoes



Cucumber



Spinach & Rocket Mix



Burger Sauce



Pork Mince

Prep in: 20-30 mins  
Ready in: 35-45 mins

With hints of paprika, pepper and rosemary, our Aussie spice blend works a treat at jazzing up roaring beef rissoles. You won't be ding-door-ditching the beetroot relish either, which is ghoulishly good!

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Egg, Balsamic Vinegar, Brown Sugar

## 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 · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
sweet potato	2	4
beef mince	1 small packet	2 small packets OR 1 large packet
fine breadcrumbs	1 medium packet	1 large packet
Aussie spice blend	1 sachet	2 sachets
<b>egg*</b>	1	2
beetroot	1	2
<b>balsamic vinegar*</b> (for the beetroot)	1 tbs	2 tbs
<b>brown sugar*</b>	2 tbs	¼ cup
<b>water*</b>	⅓ cup	¾ cup
BBQ sauce	1 packet	2 packets
snacking tomatoes	1 punnet	2 punnets
cucumber	1	2
<b>balsamic vinegar*</b> (for the salad)	drizzle	drizzle
spinach & rocket mix	1 small bag	1 medium bag
burger sauce	1 medium packet	1 large packet
pork mince**	1 small packet	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2856kJ (683Cal)	407kJ (97Cal)
Protein (g)	39.1g	5.6g
Fat, total (g)	26.5g	3.8g
- saturated (g)	6.9g	1g
Carbohydrate (g)	70.3g	10g
- sugars (g)	40.5g	5.8g
Sodium (mg)	1185mg	169mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2867kJ (685Cal)	406kJ (97Cal)
Protein (g)	36.8g	5.2g
Fat, total (g)	28g	4g
- saturated (g)	6.6g	0.9g
Carbohydrate (g)	70.3g	9.9g
- sugars (g)	40.5g	5.7g
Sodium (mg)	1187mg	168mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

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## Bake the fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **sweet potato** into fries.
- Place **fries** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Bake until tender, **20-25 minutes**.

**TIP:** If your oven tray is crowded, divide the fries between two trays.

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## Cook the rissoles

- Wipe out frying pan and 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.
- In the **last minute** of cook time, add **BBQ sauce**, turning the rissoles to coat.

**Custom Recipe:** Cook pork rissoles in the same way as above.

2



## Prep the rissoles

- While the fries are baking, in a medium bowl, combine **beef mince**, **fine breadcrumbs**, **Aussie spice blend**, the **egg** and a good pinch of **salt** and **pepper**.
- Using damp hands, form heaped spoonfuls of the **mixture** into meatballs then flatten to make 2cm-thick rissoles (3-4 per person) and transfer to a plate.

**Custom Recipe:** If you've swapped to pork mince, prepare pork mince in the same way as beef mince.

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## Prep the salad

- While the rissoles are cooking, roughly chop **snacking tomatoes** and **cucumber**.
- In a second medium bowl, combine a drizzle of the **balsamic vinegar (for the salad)** and **olive oil**. Season, then add **spinach & rocket mix**, **tomato** and **cucumber**. Toss to coat.

**Little cooks:** Take the lead by tossing the salad!

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## Make the beetroot relish

- Grate **beetroot**.
- In a large frying pan, heat a good drizzle of **olive oil** over medium-high heat. Cook **beetroot**, the **balsamic vinegar (for the beetroot)** and the **brown sugar**, stirring, until softened, **2-3 minutes**.
- Add the **water** and cook, stirring occasionally, until reduced, **5-6 minutes**. Season to taste. Transfer to a bowl.

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## Serve up

- Divide the roaring beef rissoles, Halloween fries and garden salad between plates.
- Top the rissoles with sticky beetroot relish. Serve with **burger sauce**. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

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