



Quick Cheesy Beef Rissoles & Potato Fries

with Sticky Caramelised Onion & Garden Salad

KID FRIENDLY

Grab your Meal Kit with this symbol



Brown Onion



Potato Fries



Beef Mince



Garlic & Herb Seasoning



Cheddar Cheese



Fine Breadcrumbs



Snacking Tomatoes



Mixed Salad Leaves



Garlic Aioli



Diced Bacon

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

These simple, rustic rissoles are packed with flavour from Parmesan and garlic-herb seasoning. They're the perfect little parcels of joy to be savoured with a simple Italian-style salad, fries and aioli.

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

Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar, Egg

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
olive oil*	refer to method	refer to method
brown onion	1	2
balsamic vinegar*	drizzle	drizzle
brown sugar*	1 tsp	2 tsp
potato fries	1 medium packet	1 large packet
beef mince	1 medium packet	2 medium packets OR 1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
Cheddar cheese	1 medium packet	1 large packet
fine breadcrumbs	½ medium packet	1 medium packet
egg*	1	2
snacking tomatoes	1 medium packet	2 medium packets
mixed salad leaves	1 medium packet	1 large packet
garlic aioli	1 medium packet	1 large packet
diced bacon**	1 medium packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3048kJ (728Cal)	484kJ (116Cal)
Protein (g)	45g	7.2g
Fat, total (g)	40.4g	6.4g
- saturated (g)	12g	1.9g
Carbohydrate (g)	44.2g	7g
- sugars (g)	10.6g	1.7g
Sodium (mg)	778mg	124mg
Dietary Fibre (g)	7.5g	1.2g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3436kJ (821Cal)	510kJ (122Cal)
Protein (g)	51.9g	7.7g
Fat, total (g)	47.1g	7g
- saturated (g)	14.5g	2.2g
Carbohydrate (g)	45g	6.7g
- sugars (g)	11.1g	1.6g
Sodium (mg)	1209mg	179mg
Dietary Fibre	7.5g	1.1g

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 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



1



Caramelize the onion

- Preheat oven to **240°C/220°C fan-forced**. Thinly slice **brown onion**.
- In a large frying pan, heat a drizzle of **olive oil** over medium heat. Cook **onion**, stirring regularly, until softened, **5-6 minutes**.
- Add the **balsamic vinegar**, **brown sugar** and a splash of **water**. Mix well. Cook until dark and sticky, **3-5 minutes**. Transfer to a small bowl. Set aside.

Custom Recipe: If you've added diced bacon, cook diced bacon with the onion, breaking up with a spoon, 5-6 minutes, then continue as above.

3



Cook the rissoles & make the salad

- While fries are baking, in a large bowl, combine **beef mince**, **garlic & herb seasoning**, **Cheddar cheese**, **fine breadcrumbs** (see ingredients) and the **egg**.
- Using damp hands, form heaped spoonfuls of **mixture** into meatballs, then flatten to make 2cm-thick rissoles (3-4 per person). Transfer to a plate.
- Wash out frying pan, then return to medium-high heat with a drizzle of **olive oil**. When oil is hot, cook **rissoles**, in batches, until browned and cooked through, **3-4 minutes** each side.
- Meanwhile, halve **snacking tomatoes**.
- In a medium bowl, combine **mixed salad leaves**, **tomatoes** with a drizzle of **olive oil** and **balsamic vinegar**. Season, then toss to combine.

2



Bake the fries

- Spread **potato fries** over a large microwave-safe plate. Cover with a damp paper towel.
- Microwave **fries** on high, **4 minutes**.
- Drain any excess liquid, then place **fries** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then bake until golden and tender, **10-15 minutes**.

4



Serve up

- Divide cheesy beef rissoles, fries and garden salad between plates.
- Top rissoles with **garlic aioli** and caramelised onion to serve. Enjoy!

Custom Recipe: Top rissoles with garlic aioli and caramelised bacon-onion as above.

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