

Aussie Beef Rissoles & Roast Veggie Bulgur

with Caramelised Onion & Garlic Yoghurt

Grab your Meal Kit with this symbol



Tomato



Carrot



Beetroot



Garlic



Red Onion



Bulgur Wheat



Aussie Spice Blend



Kale



Greek-Style Yoghurt



Beef Mince



Grated Parmesan Cheese



Recipe Update

Farmers across Australia are still experiencing the impacts of the recent heavy rains. This is affecting our supply of fresh veggies and as such, you may notice some changes to your ingredients. Don't worry, your recipe will be just as delicious!

Prep in: **25-35** mins
Ready in: **35-45** mins

Dietitian Approved

Calorie Smart

Laced with our trusty Aussie spice blend and Parmesan, these juicy beef rissoles are sure to be a hit - especially when served over caramelised onion-infused bulgur wheat, which has a lovely mild nutty flavour and slight chew. Top with a dollop of tangy garlic yoghurt to bring it all together.

Pantry items

Olive Oil

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 · Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
tomato	1	2
carrot	1	2
beetroot	1	2
garlic	3 cloves	6 cloves
Greek-style yoghurt	1 medium packet	1 large packet
red onion	1	2
bulgur wheat	1 packet	2 packets
water*	1¼ cups	2½ cups
beef mince	1 small packet	1 medium packet
Aussie spice blend	1 medium sachet	1 large sachet
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
kale	1 medium bag	1 large bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2672kJ (639Cal)	405kJ (97Cal)
Protein (g)	46.9g	7.1g
Fat, total (g)	20.5g	3.1g
- saturated (g)	9.7g	1.5g
Carbohydrate (g)	63.5g	9.6g
- sugars (g)	25.3g	3.8g
Sodium (mg)	807mg	122mg

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.

1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**. Cut **carrot** into bite-sized chunks. Cut **beetroot** into small chunks. Slice **tomato** into thick wedges.
- Place prepped **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Roast until tender, **20-25 minutes**.
- Meanwhile, finely chop **garlic**. In a large frying pan, heat a drizzle of **olive oil** and 1/2 the **garlic** over medium-high heat. Cook until fragrant, **1 minute**.
- Transfer **garlic oil mixture** to a small bowl. Add **Greek-style yoghurt**, then stir to combine. Season to taste. Set aside.

4



Cook the kale

- Tear **kale** leaves from stem, then roughly chop the leaves.
- Wipe out frying pan, then return to medium-high heat with a drizzle of **olive oil**. Cook **kale** and remaining **garlic** until softened and fragrant, **1-2 minutes**.
- Transfer to a large bowl and cover to keep warm.

2



Cook the onion & bulgur

- Thinly slice **red onion**.
- In a medium saucepan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion**, stirring regularly, until softened, **6-8 minutes**.
- Add **bulgur wheat**, the **water** and a good pinch of **salt**. Stir, then bring to the boil. Cover with a lid and reduce heat to low. Cook for **10 minutes**, then remove pan from heat.
- Keep covered until bulgur is tender and water is absorbed, **10-12 minutes**.

TIP: The bulgur will finish cooking in its own steam, so don't peek!

5



Cook the rissoles

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **rissoles**, in batches, until browned and cooked through, **3-4 minutes** each side.
- Meanwhile, add roast **veggies** and **bulgur wheat** to the bowl with the **kale**. Toss to combine.

3



Prep the rissoles

- Meanwhile, combine **beef mince**, **Aussie spice blend** and **grated Parmesan cheese** in a medium bowl.
- Using damp hands, roll heaped spoonfuls of **mixture** into meatballs, then flatten to make 2cm-thick rissoles (3-4 per person).
- Transfer to a plate.

6



Serve up

- Divide roast veggie bulgur between bowls.
- Top with Aussie beef rissoles.
- Dollop over **garlic yoghurt** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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