



Aussie-Spiced Chicken Rissoles & Gravy

with Potato-Turnip Mash & Garlic Veggies

Grab your Meal Kit with this symbol



Potato



Turnip



Garlic



Green Beans



Carrot



Aussie Spice Blend



Baby Spinach Leaves



Gravy Granules



Flaked Almonds

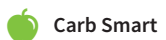


Chicken Mince

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



Eat Me Early



Carb Smart

Looking for a meal that'll warm you from the inside out? With hearty Aussie-spiced chicken rissoles, creamy potato-turnip mash and a moreish gravy, this dinner is sure to keep the winter blues at bay.

Pantry items

Olive Oil, Butter, Milk

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

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	1	2
turnip	1	2
butter*	20g	40g
milk*	2 tbs	¼ cup
garlic	3 cloves	6 cloves
green beans	1 small bag	1 medium bag
carrot	1	2
chicken mince	1 medium packet	1 large packet
Aussie spice blend	1 medium sachet	1 large sachet
baby spinach leaves	1 small bag	1 medium bag
gravy granules	1 medium sachet	1 large sachet
boiling water*	½ cup	1 cup
flaked almonds	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1857kJ (443Cal)	349kJ (83Cal)
Protein (g)	35.9g	6.7g
Fat, total (g)	18.7g	3.5g
- saturated (g)	7.1g	1.3g
Carbohydrate (g)	34.6g	6.5g
- sugars (g)	15.5g	2.9g
Sodium (mg)	963mg	181mg
Dietary Fibre (g)	10.7g	2g

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.



Make the potato-turnip mash

- Boil the kettle. Half-fill a medium saucepan with the boiled **water** and heat over high heat.
- Peel **potato** and **turnip**. Cut **potato** and **turnip** into small chunks.
- Cook **potato** and **turnip** in the boiling water until easily pierced with a fork, **10-15 minutes**.
- Drain and return to saucepan. Add the **butter**, the **milk** and a generous pinch of **salt**. Mash until smooth and cover to keep warm.

TIP: Save time and get more fibre by leaving the potato unpeeled!



Get prepped

- Meanwhile, finely chop **garlic**. Trim **green beans**. Cut **carrot** into thin sticks. Set aside.
- In a medium bowl, combine **chicken mince**, **Aussie spice blend**, 1/2 the **garlic** and a pinch of **salt**.
- 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.



Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **carrot** and **green beans** until tender, **4-5 minutes**.
- Add remaining **garlic** and cook until fragrant, **1 minute**.
- Remove from heat. Add **baby spinach leaves** and toss to combine. Season.
- Transfer to a bowl and cover to keep warm.



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.



Make the gravy

- While the rissoles are cooking, boil the kettle.
- In a medium bowl, combine **gravy granules** and the **boiling water** (1/2 cup for 2 people / 1 cup for 4 people) until smooth, **1 minute**.



Serve up

- Divide potato-turnip mash, Aussie-spiced chicken rissoles and garlic veggies between plates.
- Pour over gravy. Sprinkle with **flaked almonds** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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