


# Beef Rissoles & Beetroot Relish


with Cheesy Sweet Potato Fries, Garden Salad & Mayo


Grab your Meal Kit with this symbol




- 


Sweet Potato




Shredded Cheddar Cheese
- 


Brown Onion




Beetroot
- 


Pear




Garlic
- 


Beef Mince



Fine Breadcrumbs
- 

Nan's Special Seasoning



Mixed Salad Leaves
- 

Dill & Parsley Mayonnaise

 Hands-on: 30-40 mins  
Ready in: 35-45 mins

What's a quick and easy way to bring meatballs to life? Add our Nan's special seasoning - our popular spice blend containing paprika, pepper, onion and garlic! Use it for instant flavour, then add a creamy herby mayo and cheesy sweet potato fries for a dish that's all kinds of yum.

**Pantry items**  
Olive Oil, Balsamic Vinegar, Brown Sugar, Egg, White Wine Vinegar



## 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
sweet potato	2	4
shredded Cheddar cheese	1 medium packet	1 large packet
brown onion	1	2
beetroot	½	1
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	1 tbs	2 tbs
water*	½ cup	¾ cup
pear	1	2
garlic	2 cloves	4 cloves
beef mince	1 small packet	1 medium packet
fine breadcrumbs	1 packet	2 packets
Nan's special seasoning	1 sachet	2 sachets
egg*	1	2
salt*	¼ tsp	½ tsp
mixed salad leaves	1 bag (30g)	1 bag (60g)
white wine vinegar*	drizzle	drizzle
dill & parsley mayonnaise	1 packet (50g)	1 packet (100g)

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3430kJ (819Cal)	530kJ (126Cal)
Protein (g)	46.8g	7.2g
Fat, total (g)	39.5g	6.1g
- saturated (g)	13g	2g
Carbohydrate (g)	65.4g	10.1g
- sugars (g)	37.3g	5.8g
Sodium (mg)	1052mg	163mg

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Bake the sweet potato fries

Preheat the oven to **240°C/220°C fan-forced**. Cut the **sweet potato** (unpeeled) into 1cm fries. Place on the oven tray lined with baking paper. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Bake until tender, **25-30 minutes**. In the last **5 minutes**, scatter the **shredded cheddar cheese** over the **fries** then return to the oven and bake until melted and golden.



## Cook the rissoles

Wipe out the frying pan and return to a medium-high heat with a drizzle of **olive oil**. Cook the **rissoles** until browned all over and cooked through, **3-4 minutes** each side.



## Make the beetroot relish

While the fries are baking, thinly slice the **brown onion**. Grate the **beetroot** (see ingredients). Heat a good drizzle of **olive oil** in a large frying pan over a medium-high heat. Cook the **onion** until softened, **3-4 minutes**. Add the **beetroot**, **balsamic vinegar** and **brown sugar** and cook until softened, **2-3 minutes**. Add the **water** and cook, stirring occasionally, until reduced, **5-6 minutes**. Season with **salt** and **pepper** and transfer to a bowl.



## Toss the salad

While the rissoles are cooking, combine the **mixed salad leaves**, **pear**, a small drizzle of **white wine vinegar** and a drizzle of **olive oil** in a medium bowl. Season with **salt** and **pepper**.



## Get prepped

Thinly slice the **pear**. Finely chop the **garlic**. In a large bowl, combine the **beef mince**, **garlic**, **fine breadcrumbs**, **Nan's seasoning**, **egg** and the **salt**. Using damp hands, form heaped spoonfuls of the mixture into meatballs then flatten to make 2cm-thick rissoles. Transfer to a plate. You should get about 3-4 rissoles per person.



## Serve up

Divide the beef rissoles, cheesy sweet potato fries and garden salad between plates. Top the rissoles with the beetroot relish and serve with the **dill & parsley mayonnaise**.

**TIP:** Store any leftover beetroot relish in the fridge!

Enjoy!