



# Beef Rissoles & Garlicky Gravy

with Sweet Potato Mash, Greens & Almonds

Grab your Meal Kit with this symbol



Sweet Potato



Potato



Zucchini



Broccoli



Garlic



Beef Mince



Fine Breadcrumbs



Garlic & Herb Seasoning



Gravy Granules



Flaked Almonds

Hands-on: 20-30 mins  
Ready in: 30-40 mins

Carb Smart

Rissoles are a crowd-pleasing winner, but when you get a little fancy and drizzle them with a garlicky gravy, they're even harder to refuse! This colourful plate also gets a serve of mixed potato mash, plus greens for a dinner filled with delights.

### Pantry items

Olive Oil, Butter, Egg

## 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
sweet potato	1	2
potato	1	2
butter*	20g	40g
zucchini	1	2
broccoli	1 head	2 heads
garlic	2 cloves	4 cloves
beef mince	1 small packet	1 medium packet
egg*	1	2
fine breadcrumbs	1 medium packet	1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
boiling water*	½ cup	1 cup
gravy granules	1 medium sachet	1 large sachet
flaked almonds	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2566kJ (613Cal)	432kJ (103Cal)
Protein (g)	47.6g	8g
Fat, total (g)	26.2g	4.4g
- saturated (g)	11.5g	1.9g
Carbohydrate (g)	39.8g	6.7g
- sugars (g)	9.4g	1.6g
Sodium (mg)	981mg	165mg
Dietary Fibre (g)	12.4g	2.1g

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



## 1 Make the sweet potato mash

Bring a medium saucepan of salted water to the boil. Peel **sweet potato** and **potato**, then cut into large chunks. Cook **sweet potato** and **potato** in the boiling water until easily pierced with a fork, **10-15 minutes**. Drain, then return to pan. Add the **butter** and season generously with **salt**. Mash until smooth. Cover to keep warm.

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



## 4 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. Transfer to a paper towel-lined plate.



## 2 Cook the veggies

While potato is cooking, thinly slice **zucchini** into half-moons. Chop **broccoli** (including the stalk!) into small florets. Finely chop **garlic**. In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **zucchini** and **broccoli**, tossing, until tender, **6-7 minutes**. Add 1/2 the **garlic** and cook until fragrant, **1 minute**. Season, then transfer to a bowl and cover to keep warm.

**TIP:** Add a dash of water to the pan to help speed up the cooking process!



## 5 Cook the garlicky gravy

Boil the kettle. Wipe out the frying pan and return to medium-high heat with a drizzle of **olive oil**. Cook remaining **garlic**, stirring, until fragrant, **30 seconds**. Add the **boiling water** (1/2 cup for 2 people / 1 cup for 4 people) and **gravy granules** and whisk until smooth and slightly thickened, **2-3 minutes**.



## 3 Prep the rissoles

While veggies are cooking, combine **beef mince**, the **egg**, **fine breadcrumbs**, **garlic & herb seasoning** and a pinch of **salt** 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 sweet potato mash and garlicky greens between plates. Top mash with rissoles, then pour over the garlicky gravy. Sprinkle with **flaked almonds** to serve.

Enjoy!

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