

Dinner - Beef & Rosemary Rissoles with Lemony Potatoes
 Lunch - Beef Rissoles & Veggie Couscous with Herby Mayo

Grab your Meal Kit with this symbol



Potato



Zucchini



Capsicum



Tomato



Cucumber



Mixed Salad Leaves



Lemon



Garlic Aioli



Rosemary



Couscous



Beef Mince



Garlic & Herb Seasoning



Fine Breadcrumbs



Feta Cheese

For your lunch



Baby Spinach Leaves



Parsley



Dill & Parsley Mayonnaise



DINNER
 Hands-on: 35-45 mins
 Ready in: 45-55 mins

LUNCH
 Ready in: 10 mins

Cook once, with a twist for lunch. Cook an amazing dinner as usual, then put a new spin on the recipe to create something different for lunch the next day. This week, enjoy beef rissoles like you've never had them before, then team them with a veggie-packed couscous meal for lunch. Extra delicious!

Pantry items

Olive Oil, 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

Two oven trays 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
potato	2	4
zucchini	1	1
capsicum	1	1
tomato	1	2
cucumber	1	2
mixed salad leaves	1 bag (60g)	1 bag (120g)
lemon	1	2
garlic aioli	1 packet (50g)	1 packet (100g)
rosemary	1 bunch	1 bunch
couscous	1 packet	1 packet
water*	¾ cup	¾ cup
beef mince	1 medium packet	1 medium packet & 1 small packet
garlic & herb seasoning	2 sachets	3 sachets
fine breadcrumbs	2 packets	3 packets
egg*	1	2
fetta cheese	1 block (25g)	1 block (50g)
baby spinach leaves	1 bag (30g)	1 bag (30g)
parsley	1 bag	1 bag
dill & parsley mayonnaise	2 packets (100g)	2 packets (100g)

*Pantry Items

Nutrition

Dinner	Per Serving	Per 100g
Energy (kJ)	2560kJ (752Cal)	437kJ (105Cal)
Protein (g)	36.5g	6.2g
Fat, total (g)	30.6g	5.2g
- saturated (g)	7.1g	1.2g
Carbohydrate (g)	44.4g	7.6g
- sugars (g)	7.0g	1.2g
Sodium (g)	785mg	134mg
Lunch	Per Serving	Per 100g
Energy (kJ)	3150kJ (753Cal)	700kJ (167Cal)
Protein (g)	37.0g	8.2g
Fat, total (g)	42.3g	9.4g
- saturated (g)	6.6g	1.5g
Carbohydrate (g)	56.9g	12.6g
- sugars (g)	10.0g	2.2g
Sodium (mg)	717mg	159mg

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.

If you have any questions or concerns, please visit hellofresh.com.au/contact

2021 | CW01



Roast the veggies

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 2cm chunks. Place on an oven tray lined with baking paper. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, then bake until tender, **25 minutes**. Roughly chop the **zucchini** and **capsicum** and place on a second oven tray lined with baking paper. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat and bake until tender, **20 minutes**.



Make the rissoles

In a large bowl, combine the **beef mince**, **rosemary**, **garlic & herb seasoning**, **fine breadcrumbs** and **egg**, then season with **salt** and **pepper**. Using damp hands, form heaped spoonfuls of the mixture into meatballs then flatten to make 2cm-thick rissoles and set aside on a plate. You should get about 4-5 rissoles per person. In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **rissoles** until browned all over and cooked through, **3-4 minutes** each side.



Get prepped

While the veggies are roasting, thinly slice the **tomato** and 1/2 the **cucumber** into half-moons. Place in a bowl with the **mixed salad leaves**. Set aside. Zest the **lemon** to get a good pinch, then slice into wedges. Finely chop the remaining **cucumber** and combine in a small bowl with the **garlic aioli**. Pick and finely chop the **rosemary** leaves.



Serve up dinner

Add a squeeze of **lemon juice** and a drizzle of **olive oil** to the bowl with the **salad**. Toss to dress and season to taste. Scatter the **fetta** and **lemon zest** over the **roasted potatoes**, toss to combine and divide between plates. Set aside two portions of the **rissoles** for lunch and divide the remainder between plates and spoon over the **cucumber aioli**. Serve with the **salad**.



Cook the couscous

In a medium saucepan, add the **water** and bring to the boil. Add the **couscous** and a drizzle of **olive oil**. Stir to combine, cover with a lid and remove from the heat. Set aside until all the water is absorbed, **5 minutes**. Fluff up with a fork and season generously with **salt** and **pepper**.



Prepare your lunch

When you're ready to pack your lunch, roughly chop the **baby spinach leaves** and **parsley** leaves. Add the roasted **capsicum** and **zucchini**, **spinach** and **parsley** to the couscous. Toss to combine and season to taste. Divide the **couscous** and remaining **rissoles** and **lemon** wedges between microwave-safe containers. Refrigerate. At lunch, remove the **lemon** wedges and microwave until piping hot, **2-3 minutes**. Serve with the **dill & parsley mayonnaise** and lemon wedges.

Enjoy!