

Cheeseburger-Style Beef Rissoles

with Sweet Potato Wedges & Caramelised Onion

Grab your Meal Kit with this symbol



Sweet Potato



Cucumber



Onion



Carrot



Sesame Seeds



Beef Mince



Fine Breadcrumbs



All-American Spice Blend



Dijon Mustard



Shredded Cheddar Cheese



Mixed Leaves



Burger Sauce

Prep in: **25-35** mins
Ready in: **40-50** mins

Prepare for a table full of happy faces when you bring out this crowd-pleasing dish. With sweet potato wedges, gently spiced beef rissoles, melted Cheddar, mustard and burger sauce, it'll taste almost like your favourite cheeseburger, but we have a feeling that it's going all the way to number one. Keep an eye out for our 'Little Cooks' tips to get the kids involved!

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 with a lid (or foil)

Ingredients

| | 2 People | 4 People |
|--------------------------|-----------------|-----------------|
| olive oil* | refer to method | refer to method |
| sweet potato | 2 | 4 |
| cucumber | 1 | 2 |
| onion | 1 | 2 |
| carrot | ½ | 1 |
| sesame seeds | ½ medium packet | 1 medium packet |
| balsamic vinegar* | 1 tbs | 2 tbs |
| brown sugar* | 1 tsp | 2 tsp |
| beef mince | 1 small packet | 1 medium packet |
| egg* | 1 | 2 |
| fine breadcrumbs | 1 medium packet | 1 large packet |
| All-American spice blend | 1 medium sachet | 1 large sachet |
| Dijon mustard | 1 packet | 2 packets |
| shredded Cheddar cheese | 1 medium packet | 1 large packet |
| mixed leaves | 1 small bag | 1 medium bag |
| white wine vinegar* | drizzle | drizzle |
| burger sauce | 1 medium packet | 1 large packet |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3252kJ (777Cal) | 488kJ (117Cal) |
| Protein (g) | 46.8g | 7g |
| Fat, total (g) | 38.4g | 5.8g |
| - saturated (g) | 13.4g | 2g |
| Carbohydrate (g) | 56.4g | 8.5g |
| - sugars (g) | 29.1g | 4.4g |
| Sodium (mg) | 1121mg | 168mg |

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



Bake the wedges

Preheat oven to **240°C/220°C fan-forced**. Cut **sweet potato** into wedges. Place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Bake until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide the wedges between two trays.

4



Make the rissoles

In a medium bowl, combine **beef mince**, the **egg**, **fine breadcrumbs**, **All-American spice blend**, **Dijon mustard** and a pinch of **salt**. Using damp hands, form heaped spoonfuls of **mixture** into meatballs, then flatten to make 2cm-thick rissoles (3-4 per person). Set aside on a plate. Wipe out frying pan, then return to medium-high heat with a drizzle of **olive oil**. Cook **rissoles**, in batches, until browned and cooked through, **3-4 minutes** each side. In the last **1-2 minutes** of cook time, sprinkle **shredded Cheddar cheese** over each rissole and cover with a lid (or foil) so the cheese melts.

Little cooks: Join the fun by helping combine the ingredients and shaping the mixture into rissoles!

2



Get prepped

While the wedges are baking, thinly slice **cucumber** and **onion**. Grate **carrot** (see ingredients). Heat a large frying pan over medium-high heat. Toast **sesame seeds** (see ingredients), tossing, until golden, **3-4 minutes**. Transfer to a small bowl.

Little cooks: Don your goggles and have a go at peeling off the onion's outer layer!

5



Make the salad

While the rissoles are cooking, combine a drizzle of **olive oil** and **white wine vinegar** in a medium bowl. Season, then add **carrot**, **cucumber** and **mixed leaves**. Toss to coat.

3



Caramelize the onion

Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **onion**, stirring regularly, until softened, **5-6 minutes**. Reduce heat to medium. Add the **balsamic vinegar**, **brown sugar** and a splash of **water**. Mix well. Cook until dark and sticky, **3-5 minutes**. Transfer to a second small bowl.

6



Serve up

Divide the cheeseburger-style rissoles, sweet potato wedges and salad between plates. Top the rissoles with caramelised onion and toasted sesame seeds. Serve with **burger sauce**.

Little cooks: Work your magic and add the finishing touch by dolloping over the burger sauce!

Enjoy!

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