

Cheesy American-Spiced Beef Rissoles

with Caramelised Onion, Cos Salad & Burger Sauce

Grab your Meal Kit with this symbol



Cos Lettuce



Red Onion



Tomato



Carrot



Garlic



All-American Spice Blend



Beef Mince



Shredded Cheddar Cheese



Burger Sauce



Pickled Jalapeños (Optional)

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



Naturally Gluten-Free
Not suitable for coeliacs



Carb Smart

Bump up the flavour of already delicious beef rissoles by lacing them with our crowd-pleasing All-American spice blend; with hints of red capiscum and paprika, it stands up perfectly to the melty Cheddar topping. Serve over a cheerful salad to cut through the richness, and to keep the carbs in check. The 'secret' ingredient in the salad dressing? Burger sauce. It's tangy, creamy, and ties all the components together like a treat.

Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar

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

Large frying pan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cos lettuce	1	2
red onion	1	2
tomato	1	2
carrot	1	2
garlic	2 cloves	4 cloves
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	1 tsp	2 tsp
beef mince	1 small packet	1 medium packet
All-American spice blend	1 medium sachet	1 large sachet
shredded Cheddar cheese	1 medium packet	1 large packet
burger sauce	1 medium packet	1 large packet
pickled jalapeños  (optional)	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2370kJ (566Cal)	441kJ (105Cal)
Protein (g)	38.2g	7.1g
Fat, total (g)	33.5g	6.2g
- saturated (g)	12.4g	2.3g
Carbohydrate (g)	24.6g	4.6g
- sugars (g)	21.7g	4g
Sodium (mg)	1066mg	198mg
Dietary Fibre (g)	11.5g	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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



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Get prepped & caramelize the onion

- Thinly slice **cos lettuce** and **red onion**. Roughly chop **tomato**. Grate **carrot**. Finely chop **garlic**. Set aside.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion**, stirring regularly, until softened, **5-6 minutes**.
- Reduce heat to medium. Add the **balsamic vinegar**, the **brown sugar** and a splash of **water**. Mix well. Cook until dark and sticky, **3-5 minutes**. Transfer to a small bowl.



Cook the rissoles & toss the salad

- 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.
- In the last **2-3 minutes**, sprinkle **shredded Cheddar cheese** over **rissoles**. Cover with a lid (or tightly with foil) and reduce heat to low. Cook until cheese is melted, **2-3 minutes**.
- Meanwhile, combine **burger sauce** with a drizzle of **white wine vinegar** and **olive oil** in a large bowl. Season to taste. Add **lettuce, tomato** and **carrot**. Toss to combine.



Make the rissoles

- While the onion is cooking, combine **beef mince**, **All-American spice blend**, **garlic** 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.



Serve up

- Divide cos salad and cheesy American-spiced beef rissoles between bowls.
- Top with caramelised onion and **pickled jalapeños** (if using) to serve. Enjoy!

TIP: Jalapeños are slightly spicy. Add less, or leave them out, if you prefer!

Rate your recipe

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