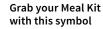


Garlic & Herb Parmesan Beef Rissoles

with Italian Salad & Fries











Potato

Garlic & Herb Seasoning





Grated Parmesan Cheese

Fine Breadcrumbs





Cherry Tomatoes

Mixed Salad Leaves



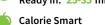
Italian Dressing

Garlic Aioli

Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar, Egg





Give rissoles a herby hit with garlic and herb seasoning, plus Parmesan for an easy flavour boost. With potato fries and a tangy Italian-dressed salad, this meal shines a whole new light on a tried-and-true dinner.

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 \cdot Large frying pan

Ingredients

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	2 People	4 People	
olive oil*	refer to method	refer to method	
potato	2	4	
brown onion	1	2	
balsamic vinegar*	1 tbs	2 tbs	
water* (for the onion)	1 tsp	2 tsp	
brown sugar*	1 tsp	2 tsp	
beef mince	1 small packet	1 medium packet	
garlic & herb seasoning	1 sachet	2 sachets	
grated Parmesan cheese	1 packet	2 packet	
fine breadcrumbs	½ packet	1 packet	
egg*	1	2	
cherry tomatoes	1 punnet	2 punnets	
mixed salad	1 bag	1 bag	
leaves	(60g)	(120g)	
Italian dressing	½ tub	1 tub	
garlic aioli	1 packet (50g)	1 packet (100g)	
water* (for the sauce)	1 tsp	2 tsp	

^{*}Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2686kJ (641Cal)	426kJ (101Cal)
Protein (g)	45.2g	7.2g
Fat, total (g)	29.1g	4.6g
- saturated (g)	9.1g	1.4g
Carbohydrate (g)	45.2g	7.2g
- sugars (g)	14.6g	2.3g
Sodium (mg)	867mg	138mg

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.



Bake the fries

Preheat the oven to 240°C/220°C fan-forced. Cut the **potato** (unpeeled) into 1cm fries. Place the fries on an oven tray lined with baking paper. Season with **salt** and drizzle with **olive oil**. Toss to coat, then bake until tender, 20-25 minutes.

TIP: Cut the potato to size so it cooks in time.



Make the caramelised onion

While the fries are baking, thinly slice the **brown onion**. In a large frying pan, heat a drizzle of **olive oil** over a medium heat. Add the **onion** and cook, stirring regularly until softened, **5-6 minutes**. Add the **balsamic vinegar**, **water (for the onion)** and **brown sugar** and mix well. Cook until dark and sticky, **3-5 minutes**. Transfer to a small bowl.



Prep the rissoles

In a large bowl, combine the **beef mince**, **garlic** & herb seasoning, grated Parmesan cheese, fine breadcrumbs (see ingredients) and egg. Using damp hands, form heaped spoonfuls of the mixture into meatballs then flatten to make 2cm-thick rissoles and transfer to a plate. You should get about 4-5 rissoles per person.



Cook the rissoles

Wash and dry the frying pan. Return the pan to a medium-high heat with a drizzle of **olive oil**. Cook the **beef rissoles**, in batches, until browned and cooked through, **4-5 minutes** each side.



Make the salad

While the rissoles are cooking, halve the **cherry tomatoes**. In a medium bowl, combine the **mixed salad leaves** and **cherry tomatoes**. Add the **Italian dressing** (see ingredients) and toss to coat. Season to taste. In a small bowl, combine the **garlic aioli** and **water (for the sauce)**.



Serve up

Divide the fries between plates and serve with the garlic & herb Parmesan rissoles and the salad. Top the rissoles with the garlic aioli and the caramelised onion.

TIP: For the Calorie Smart option, serve with 1/2 the garlic aioli.

Enjoy!