

Garlic & Herb Parmesan Beef Rissoles

with Italian Salad & Fries

Grab your Meal Kit
with this symbol



Potato



Brown Onion



Beef Mince



Garlic & Herb
Seasoning



Grated Parmesan
Cheese



Fine Breadcrumbs



Cherry Tomatoes




Mixed Salad
Leaves



Italian Dressing



Garlic Aioli

 Hands-on: **15-25 mins**
 Ready in: **25-35 mins**
 Calorie Smart

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.

Pantry items

Olive Oil, Balsamic Vinegar,
Brown Sugar, 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

Oven tray lined with baking paper · Large frying pan

Ingredients

| | 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 leaves | 1 bag (60g) | 1 bag (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.

1



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.

2



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.

3



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.

4



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.

5



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)**.

6



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!