



Garlic & Herb Parmesan Rissoles

with Pesto Potatoes & Garlic Aioli

Grab your Meal Kit with this symbol 



Potato



Beef Mince



Aussie Spice Blend



Fine Breadcrumbs



Grated Parmesan Cheese



Walnuts



Cherry Tomatoes



Basil Pesto



Mixed Salad Leaves



Garlic Aioli

 Hands-on: **20-30 mins**
Ready in: **25-35 mins**

Far from your average beef rissoles, these ones get a hit of flavour from Parmesan and our popular Aussie spice blend, while roasted golden potatoes are coated in pesto and a garlicky aioli – these are just some of tonight’s surprises you never knew you needed!

Pantry items

Olive Oil, Egg, Balsamic 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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
beef mince	1 small packet	1 medium packet
Aussie spice blend	1 sachet	2 sachets
fine breadcrumbs	½ packet	1 packet
egg*	1	2
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
walnuts	½ packet	1 packet
cherry tomatoes	1 punnet	2 punnets
basil pesto	1 packet (50g)	1 packet (100g)
balsamic vinegar*	2 tsp	1 tbs
mixed salad leaves	1 bag (60g)	1 bag (120g)
garlic aioli	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3262kJ (779Cal)	578kJ (138Cal)
Protein (g)	38.2g	6.8g
Fat, total (g)	51.3g	9.1g
- saturated (g)	15.6g	2.8g
Carbohydrate (g)	38.8g	6.9g
- sugars (g)	6.5g	1.2g
Sodium (mg)	805mg	143mg

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. Roast the potato

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

TIP: Cut the potato to the correct size so it cooks in the allocated time!



2. Make the rissoles

While the potato is roasting, combine the **beef mince**, **Aussie spice blend**, **fine breadcrumbs** (see ingredients list), **egg**, **grated Parmesan cheese** and a **pinch** of **salt** and **pepper** in a large bowl. Using damp hands, form heaped spoonfuls of the **mixture** into meatballs, then flatten to make 2cm-thick rissoles. Transfer to a plate. You should get about 4-5 rissoles per person.



3. Cook the rissoles

Heat a large frying pan over medium-high heat. Add the **walnuts** (see ingredients list) and toast until golden, **2-3 minutes**. Transfer to a small bowl. Return the pan to a medium-high heat with a **drizzle** of **olive oil**. Add the rissoles and cook until browned all over and cooked through, **3-4 minutes** each side.



4. Prep the salad

While the rissoles are cooking, halve the **cherry tomatoes**.



5. Finish the sides

Add the **basil pesto** to the roasted **potatoes** and toss to combine on the oven tray. In a medium bowl, combine the **balsamic vinegar**, a **drizzle** of **olive oil** and a **pinch** of **salt** and **pepper**. Add the **cherry tomatoes** and **mixed salad leaves**. Toss to combine.



6. Serve up

Divide the garlic and herb Parmesan rissoles, pesto potatoes and salad between plates. Sprinkle the walnuts over the salad. Serve with the **garlic aioli**.

Enjoy!