



Herby Parmesan Beef Rissoles

with Fries & Italian Salad

Grab your Meal Kit
with this symbol



Potato



Brown Onion



Beef Mince



Garlic & Herb
Seasoning



Grated Parmesan
Cheese



Fine Breadcrumbs



Cherry/Snacking
Tomatoes



Mixed Salad
Leaves



Italian Dressing



Garlic Aioli

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

Give rissoles a rich, herby hit by flavouring them with our garlic and herb seasoning, plus a generous sprinkle of sharp Parmesan. With baked fries and a tangy Italian dressing for the 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 (30g)	2 packets (60g)
fine breadcrumbs	½ medium packet	1 medium packet
egg*	1	2
cherry/snacking tomatoes	1 punnet	2 punnets
mixed salad leaves	1 medium bag	1 large bag
Italian dressing	½ packet	1 packet
garlic aioli	1 packet (50g)	1 packet (100g)
water* (for the aioli)	1 tsp	2 tsp

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3022kJ (722Cal)	470kJ (112Cal)
Protein (g)	45.2g	7g
Fat, total (g)	38.3g	6g
- saturated (g)	10.2g	1.6g
Carbohydrate (g)	45.8g	7.1g
- sugars (g)	13.1g	2g
Sodium (mg)	888mg	138mg

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.



Bake the fries

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** into fries. 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 fries between two trays.



Caramelize the 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. Cook the **onion**, stirring regularly, until softened, **5-6 minutes**. Add the **balsamic vinegar**, the **water (for the onion)** and **brown sugar**. 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. Transfer to a plate. You should get 3-4 rissoles per person.



Cook the rissoles

Wash out the frying pan, then return to a medium-high heat with a drizzle of **olive oil**. When the oil is hot, cook the **rissoles** in batches, until browned and cooked through, **3-4 minutes** each side. Transfer to a clean plate and cover to keep warm.



Prep the salad & aioli

While the rissoles are cooking, halve the **cherry tomatoes**. In a medium bowl, combine the **mixed salad leaves**, **tomatoes** and **Italian dressing** (see ingredients). Season with **salt** and **pepper** to taste and set aside. In a small bowl, combine the **garlic aioli** and **water (for the aioli)**.



Serve up

Divide the herby Parmesan beef rissoles, fries and Italian salad between plates. Top the rissoles with the garlic aioli and caramelized onion to serve.

Enjoy!

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