



# Honey-Soy Beef Rissoles

with Sesame Fries & Japanese Slaw

Grab your Meal Kit with this symbol



Potato



Mixed Sesame Seeds



Garlic



Spring Onion



Pear



Beef Mince



Ginger Paste



Fine Breadcrumbs



Slaw Mix



Japanese Dressing



Crushed Peanuts

Hands-on: **30-40 mins**  
Ready in: **35-45 mins**

How to upgrade your everyday rissoles? Toss them in some honey-soy glaze, of course! Complete with fragrant sesame fries and Asian-style slaw, this is definitely not your average weeknight dinner.

### Pantry items

Olive Oil, Soy Sauce, Honey, 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
mixed sesame seeds	1 medium packet	1 large packet
garlic	2 cloves	4 cloves
spring onion	1 stem	2 stems
pear	1	2
soy sauce*	2 tbs	¼ cup
honey*	2 tbs	¼ cup
water*	2 tbs	¼ cup
beef mince	1 small packet	1 medium packet
ginger paste	1 medium packet	1 large packet
fine breadcrumbs	1 medium packet	1 large packet
egg*	1	2
slaw mix	1 small bag	1 large bag
Japanese dressing	1 packet	2 packets
crushed peanuts	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2969kJ (709Cal)	517kJ (123Cal)
Protein (g)	44.1g	7.7g
Fat, total (g)	29.5g	5.1g
- saturated (g)	7.3g	1.3g
Carbohydrate (g)	62.2g	10.8g
- sugars (g)	26.8g	4.7g
Sodium (mg)	1156mg	201mg

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](https://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 sesame fries

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** into fries. Place the **fries** and **mixed sesame seeds** on a lined oven tray. Season with **salt** and drizzle with **olive oil**. Toss to coat, then bake until tender, **20-25 minutes**.



### Get prepped

Finely chop the **garlic**. Roughly chop the **spring onion**. Thinly slice the **pear**. In a small bowl, combine the **soy sauce**, **honey** and **water**. Set aside.



### Make the rissoles

In a large bowl, combine the **beef mince**, **garlic**, **ginger paste**, **fine breadcrumbs** and **egg**. Season with **salt** and **pepper**. 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 3-4 rissoles per person.



### Cook the rissoles

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **rissoles** until browned and cooked through, **3-4 minutes** each side. Add the **honey-soy glaze** to the **rissoles** and toss until slightly reduced, **1 minute**. Remove from the heat.



### Make the slaw

In a medium bowl, combine the **slaw mix**, **pear**, **Japanese dressing** and **crushed peanuts**.



### Serve up

Divide the honey-soy beef rissoles and sesame fries between plates. Serve with the Japanese slaw. Garnish with the spring onion to serve.

Enjoy!

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