

Mediterranean Beef Rissoles & Cheesy Fries

with Creamy Pesto Dressing

Grab your Meal Kit with this symbol



Potato



Shredded Cheddar Cheese



Cherry Tomatoes



Garlic



Beef Mince



Fine Breadcrumbs



Garlic & Herb Seasoning



Dried Oregano



Mixed Salad Leaves



Creamy Pesto Dressing

 Hands-on: 25-35 mins
Ready in: 35-45 mins

Roll up for our latest take on rissoles – a Mediterranean version loaded with garlic and oregano that gives them an abundance of flavour, and we've added cheesy fries and a crisp salad to round out the meal.

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
shredded Cheddar cheese	1 medium packet	1 large packet
cherry tomatoes	1 punnet	2 punnets
garlic	2 cloves	4 cloves
beef mince	1 small packet	1 medium packet
fine breadcrumbs	1 packet	2 packets
garlic & herb seasoning	1 sachet	2 sachets
dried oregano	½ sachet	1 sachet
egg*	1	2
balsamic vinegar*	1 tsp	2 tsp
mixed salad leaves	1 bag (60g)	1 bag (120g)
creamy pesto dressing	1 packet (50g)	1 packet (100g)
water*	1 tsp	2 tsp

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3183kJ (760Cal)	567kJ (135Cal)
Protein (g)	46.2g	8.2g
Fat, total (g)	43.9g	7.8g
- saturated (g)	13.3g	2.4g
Carbohydrate (g)	41.7g	7.4g
- sugars (g)	6.5g	1.2g
Sodium (mg)	872mg	155mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://www.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 on an oven tray lined with baking paper. Drizzle with **olive oil**, season with **salt** and toss to coat. Spread in a single layer and bake until tender, **20-25 minutes**. In the last **5 minutes** of cook time, scatter the **shredded Cheddar cheese** over the fries and bake until melted and golden.



Get prepped

While the fries are baking, halve the **cherry tomatoes**. Finely chop the **garlic**.



Make the rissoles

In a medium bowl, combine the **beef mince**, **fine breadcrumbs**, **garlic & herb seasoning**, **dried oregano** (see ingredients), **garlic** and **egg**. Season with **salt** and **pepper**. Combine well. 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

Heat a drizzle of **olive oil** in a large frying pan over a medium-high heat. Cook the **beef rissoles**, in batches, until browned and cooked through, **4-5 minutes** each side. Transfer to a plate.

TIP: Don't worry if your rissoles get a little charred during cooking. It adds to the flavour!



Make the salad

While the rissoles are cooking, combine the **balsamic vinegar** and a drizzle of **olive oil** in a medium bowl. Season with **salt** and **pepper**. Add the **mixed salad leaves** and **cherry tomatoes** and toss to combine. In a small bowl, combine the **creamy pesto dressing** and **water**.



Serve up

Divide the Mediterranean beef rissoles, cheesy potato fries and salad between plates. Drizzle the creamy pesto dressing over the rissoles.

Enjoy!