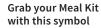
Quick Herby Beef Rissoles with Parmesan, Fries & Italian Salad











Potato





Garlic & Herb Seasoning

Fine Breadcrumbs





Cherry/Snacking Tomatoes





Mixed Salad Leaves

Italian Dressing





Mayonnaise

Beef Mince



Grated Parmesan Cheese

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

Two oven trays lined with baking paper · Large frying pan

Ingredients

9		
	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
mayonnaise	1 packet (40g)	2 packets (80g)
water*	1 tsp	2 tsp
brown onion	1/2	1
balsamic vinegar*	1 tbs	2 tbs
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	½ punnet	1 punnet
apple	1/2	1
mixed salad leaves	1 medium bag	1 large bag
Italian dressing	½ packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3012kJ (720Cal)	485kJ (116Cal)
Protein (g)	44.5g	7.2g
Fat, total (g)	39.2g	6.3g
- saturated (g)	10.5g	1.7g
Carbohydrate (g)	44.4g	7.2g
- sugars (g)	16.2g	2.6g
Sodium (mg)	890mg	143mg

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 & prep the mayo

- Preheat oven to 240°C/220°C fan-forced. Cut potato into fries.
- Place fries on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat.
- Bake until tender, 20-25 minutes.
- Meanwhile, combine **mayonnaise** and the **water** in a small bowl. Set aside.

TIP: If your oven tray is crowded, divide the fries between two trays.



Cook the rissoles

- In a large bowl, combine beef mince, garlic & herb seasoning, grated
 Parmesan cheese, fine breadcrumbs (see ingredients) and the egg.
- Using damp hands, form heaped spoonfuls of **mixture** into meatballs, then flatten to make 2cm-thick rissoles (3-4 per person). Transfer to a plate.
- Wash out frying pan, then return to medium-high heat with a drizzle of olive
 oil. When oil is hot, cook rissoles, in batches, until browned and cooked
 through, 3-4 minutes each side.
- Meanwhile, halve cherry tomatoes (see ingredients). Thinly slice apple (see ingredients) into wedges.

Little cooks: Help combine and roll the rissole mixture!



Caramelise the onion

- While the fries are baking, thinly slice **brown onion** (see ingredients).
- In a large frying pan, heat a drizzle of olive oil over medium heat. Cook onion, stirring regularly, until softened, 5-6 minutes.
- Add the balsamic vinegar, the brown sugar and a splash of water. Mix well.
 Cook until dark and sticky, 3-5 minutes.
- Transfer to a second small bowl.

Little cooks: Don your goggles and help peel off the onion's outer layer!



Serve up

- In a medium bowl, combine **mixed salad leaves**, tomatoes, apple and **Italian dressing** (see ingredients). Season, then toss to combine.
- Divide herby Parmesan beef rissoles, fries and Italian salad between plates.
- Top rissoles with mayo and caramelised onion to serve. Enjoy!

Little cooks: Take the lead and help toss the salad!

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