



Quick Herby Beef Rissoles

with Parmesan, Fries & Italian Salad

Grab your Meal Kit
with this symbol



Potato



Brown Onion



Garlic & Herb
Seasoning



Fine Breadcrumbs



Cherry/Snacking
Tomatoes



Apple



Mixed Salad
Leaves



Italian Dressing



Mayonnaise



Beef Mince



Grated Parmesan
Cheese

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: **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

Two oven trays lined with baking paper · Large frying pan

Ingredients

	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	½	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	½	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.

We're here to help!

Scan here if you have any questions or concerns

2022 | CW23



1



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.

3



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!

2



Caramelize 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!

4



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 caramelized onion to serve. Enjoy!

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

Rate your recipe

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