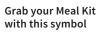


Quick Parmesan Beef Rissoles & Fries with Caramelised Onion & Apple Salad





Pantry items Olive Oil, Balsamic Vinegar, Brown Sugar, Egg



Prep in: 20-30 mins Ready in: 25-35 mins

These simple, rustic rissoles are packed with flavour from Parmesan and garlic-herb seasoning. They're the perfect little parcels of joy to be savoured with a simple Italian-style salad, fries and aioli.

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 \cdot Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato fries	1 medium bag	1 large bag
garlic aioli	1 medium packet	1 large packet
water*	1 tsp	2 tsp
brown onion	1	2
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	1 tsp	2 tsp
beef mince	1 small packet	1 medium packet
garlic & herb seasoning	1 medium sachet	1 large sachet
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
fine breadcrumbs	1/2 medium packet	1 medium packet
egg*	1	2
tomato	1	2
apple	1/2	1
salad leaves	1 medium bag	1 large bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2993kJ (715Cal)	483kJ (115Cal)
Protein (g)	44.6g	7.2g
Fat, total (g)	37.2g	6g
- saturated (g)	10.4g	1.7g
Carbohydrate (g)	47.1g	7.6g
- sugars (g)	15.1g	2.4g
Sodium (mg)	781mg	126mg

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 | CW29





Bake the fries

- Preheat oven to 220°C/200°C fan-forced.
- Place **potato fries** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Bake until tender, **30-35 minutes**.
- Meanwhile, combine garlic aioli 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, roughly chop tomato. Thinly slice apple (see ingredients) into wedges.



Caramelise the onion

- While the fries are baking, thinly slice **brown onion**.
- 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 small bowl.

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



Serve up

- In a medium bowl, combine **salad leaves**, tomato and apple. Season, then toss to combine.
- Divide Parmesan beef rissoles, fries and apple salad between plates.
- Top rissoles with garlic aioli and caramelised onion to serve. Enjoy!

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