

Quick Parmesan Beef Rissoles & Fries

with Caramelised Onion & Apple Salad

Grab your Meal Kit with this symbol



Brown Onion



Fine Breadcrumbs



Tomato



Apple



Salad Leaves



Garlic & Herb Seasoning



Beef Mince



Garlic Aioli



Potato Fries



Grated Parmesan Cheese

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.

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

Oven tray lined with baking paper · 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	½ medium packet	1 medium packet
egg*	1	2
tomato	1	2
apple	½	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.

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2022 | CW29



1



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.

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, roughly chop **tomato**. 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**.
- 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!

4



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 caramelized onion to serve. Enjoy!

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

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