



SPEEDY BEEF, SPINACH & FETTA RISSOLES

with Pita Bread Garden Salad



Bring the flavours of Greece to rissoles



Pita Pockets



Garlic



Parsley



Baby Spinach Leaves



Cucumber



Tomato



Beef Mince



Fine Breadcrumbs



Rustic Herb Spice Blend



Fetta



Dill & Parsley Mayonnaise

Hands-on: 20 mins
Ready in: 25 mins

These simple rustic rissoles are packed with moisture and flavour from spinach and feta. They're the perfect little parcels of joy to be savoured with a simple Greek-style pita salad and a herbed mayonnaise.

Pantry Staples: Olive Oil, Egg, Vinegar (White Wine Or Red Wine)

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **oven tray** lined with **baking paper** • **large frying pan**



1 GET PREPPED

Preheat the oven to **200°C/180°C fan-forced**. Slice the **pita pockets** (see **ingredients list**) into 2cm squares. Finely chop the **garlic** (see **ingredients list**). Pick and finely chop the **parsley** leaves. Finely chop **1/2** the **baby spinach leaves** (keep the remaining leaves whole). Finely chop the **cucumber** and **tomato**.



2 BAKE THE PITA

Spread the **pita squares** over the oven tray lined with baking paper. **Drizzle** with **olive oil** and season with a **generous pinch** of **salt** and **pepper**. Toss to coat, arrange in a single layer and bake for **5 minutes**, or until golden and crispy. **TIP:** *Baking the pita squares in a single layer ensures they get crisp and cook evenly.*



3 MAKE THE RISSOLES

While the pita squares are baking, combine the **beef mince**, **egg**, **fine breadcrumbs**, **rustic herb spice blend**, the **salt**, **garlic**, **parsley** and chopped **baby spinach** in a medium bowl. Crumble in the **fetta** and mix well. Using a spoon, form the beef mixture into large meatballs and then flatten slightly to form 2cm thick rissoles. You should get 3-4 rissoles per person.



4 COOK THE RISSOLES

Heat a large frying pan over a medium-high heat with a **drizzle** of **olive oil**. Add the **rissoles** and cook for **4-5 minutes** on each side, or until browned and cooked through.



5 MAKE THE GARDEN SALAD

While the rissoles are cooking, combine the **vinegar** and **olive oil** (**2 tsp for 2 people / 1 tbs for 4 people**) in a medium bowl. Season with a **pinch** of **salt** and **pepper** and mix well. Add the **cucumber**, **tomato**, **remaining baby spinach** and the **pita squares** and toss to combine. **TIP:** *Toss the salad just before serving to keep the leaves and pita bread crisp.*



6 SERVE UP

Divide the speedy beef spinach and fetta rissoles and pita bread garden salad between plates. Serve with the **dill & parsley mayonnaise**.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
pita pockets	2	4
garlic	½ clove	1 clove
parsley	1 bunch	1 bunch
baby spinach leaves	1 bag (60 g)	1 bag (120 g)
cucumber	1	2
tomato	1	2
beef mince	1 packet	1 packet
egg*	1	2
fine breadcrumbs	1 packet	2 packets
rustic herb spice blend	1 sachet	2 sachets
salt*	½ tsp	1 tsp
fetta	1 block (50 g)	1 block (100 g)
vinegar* (white wine or red wine)	1 tsp	2 tsp
dill & parsley mayonnaise	1 tub (50 g)	1 tub (100 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2920kJ (699Cal)	633kJ (151Cal)
Protein (g)	46.5g	10.1g
Fat, total (g)	42.6g	9.2g
- saturated (g)	11.4g	2.5g
Carbohydrate (g)	31.6g	6.8g
- sugars (g)	4.7g	1.0g
Sodium (g)	1060mg	229mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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