



Teriyaki-Glazed Beef Rissoles

with Sesame Potatoes & Asian Salad

Grab your Meal Kit
with this symbol



Potato



Mixed Sesame
Seeds



Pear



Carrot



Spring Onion



Mayonnaise



Beef Mince



Fine Breadcrumbs



Teriyaki Sauce



Japanese Dressing



Mixed Salad
Leaves



Hands-on: **30-40** mins
Ready in: **35-45** mins

These rissoles are like nothing you've had before! The teriyaki glaze gives these morsels of deliciousness an amazing flavour while the potatoes get a hit of sesame. Just add a refreshing salad with extra crunch from pear and cucumber to tie the meal together.

Pantry items

Olive Oil, Soy Sauce, 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	2	4
mixed sesame seeds	1 sachet	2 sachets
pear	1	2
carrot	½	1
spring onion	2 stems	4 stems
mayonnaise	1 packet (40g)	2 packets (80g)
soy sauce*	1 tsp	2 tsp
beef mince	1 small packet	1 medium packet
egg*	1	2
fine breadcrumbs	1 packet	2 packets
salt*	¼ tsp	½ tsp
teriyaki sauce	½ sachet	1 sachet
water*	1½ tbs	3 tbs
Japanese dressing	1 tub	2 tubs
mixed salad leaves	1 bag (60g)	1 bag (120g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3202kJ (765Cal)	514kJ (122Cal)
Protein (g)	42.4g	6.8g
Fat, total (g)	39.7g	6.4g
- saturated (g)	8g	1.3g
Carbohydrate (g)	55.2g	8.9g
- sugars (g)	19.7g	3.2g
Sodium (mg)	1461mg	234mg

Allergens

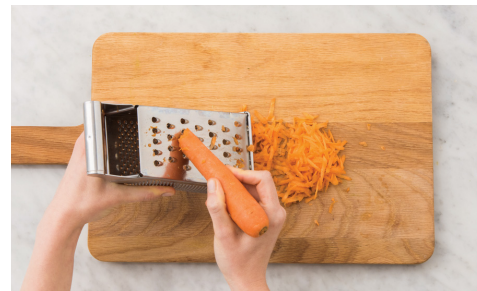
Always read product labels for the most up-to-date allergen information. Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Roast the sesame potatoes

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 2cm chunks. Place the **potato**, **mixed sesame seeds**, a **drizzle of olive oil** and a **pinch of salt** and **pepper** on an oven tray lined with baking paper. Toss to coat and roast until tender, **20-25 minutes**.

TIP: Cut the potato to the correct size so it cooks in the allocated time.



2. Get prepped

While the potato is roasting, thinly slice the **pear** into wedges. Grate the **carrot** (see ingredients list). Finely chop the **spring onion**. In a small bowl, combine the **mayonnaise** and **soy sauce**.



3. Make the rissoles

In a medium bowl, combine the **beef mince**, **egg**, **spring onion**, **fine breadcrumbs** and the **salt**. Using damp hands, shape heaped tablespoons of the **mixture** into meatballs, then flatten into 1cm-thick rissoles. Transfer to a plate.



4. Cook the rissoles

In a large frying pan, heat a **good drizzle of olive oil** over a medium-high heat. Add the **beef rissoles** and cook, turning occasionally, until browned and cooked through, **6-8 minutes**. Remove from the heat and add the **teriyaki sauce** (see ingredients list) and the water to the pan. Turn the rissoles to coat in the glaze.

TIP: Cook the rissoles in batches if your pan is getting crowded!



5. Dress the salad

In a large bowl, add the **Japanese dressing**, **mixed salad leaves**, **pear** and **carrot** and toss to coat. Season to taste.



6. Serve up

Divide the sesame potatoes, teriyaki-glazed beef rissoles and Asian salad between plates. Spoon over any teriyaki glaze remaining in the pan. Serve with the soy mayonnaise.

Enjoy!