



Teriyaki-Glazed Beef Rissoles

with Sesame Sweet Potatoes & Japanese-Style Salad

Grab your Meal Kit with this symbol



Sweet Potato



Sesame Seeds



Apple



Carrot



Spring Onion



Mayonnaise



Beef Mince



Fine Breadcrumbs



Teriyaki Sauce



Mixed Salad Leaves



Japanese Dressing

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!

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

These rissoles are like nothing you've had before! The teriyaki sauce offers the perfect combination of sweet, salty and tangy flavours, which transform into a gorgeous glaze in the pan - and the hit of sesame on the sweet potatoes really compliments the Japanese-inspired flavours in the rissoles and side salad.

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
sweet potato	2	4
sesame seeds	1 medium packet	1 large packet
apple	1	2
carrot	½	1
spring onion	1 stem	2 stems
mayonnaise	1 packet (40g)	1 packet (100g)
soy sauce*	1 tsp	2 tsp
beef mince	1 small packet	1 medium packet
egg*	1	2
fine breadcrumbs	1 medium packet	1 large packet
salt*	¼ tsp	½ tsp
teriyaki sauce	½ packet	1 packet
water*	1 ½ tbs	3 tbs
mixed salad leaves	1 medium bag	1 large bag
Japanese dressing	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3186kJ (761Cal)	546kJ (130Cal)
Protein (g)	41.5g	7.1g
Fat, total (g)	40.2g	6.9g
- saturated (g)	8.4g	1.4g
Carbohydrate (g)	55.1g	9.4g
- sugars (g)	19.9g	3.4g
Sodium (mg)	1436mg	246mg

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.



Roast the sweet potatoes

Preheat the oven to **240°C /220°C fan-forced**. Cut the **sweet potato** into bite-sized chunks. Place on a lined oven tray. Drizzle with **olive oil**, sprinkle with the **sesame seeds** and season with **salt**. Toss to coat. Roast until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide the sweet potatoes between two trays.



Get prepped

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



Make the rissoles

In a medium bowl, combine the **beef mince**, **egg**, **spring onion**, **fine breadcrumbs** and the **salt**. Using damp hands, form heaped spoonfuls of the **mixture** into meatballs, then flatten to make 2cm-thick rissoles. Transfer to a plate. You should get 3-4 rissoles per person.



Cook the rissoles

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **rissoles** in batches until browned and cooked through, **3-4 minutes** each side. Remove the pan from the heat, then return all the **rissoles** to the pan. Add the **teriyaki sauce** (see ingredients) and the **water**, turning the rissoles to coat.



Dress the salad

When the rissoles are almost done, combine the **mixed salad leaves**, **apple** and **carrot** in a large bowl. Add the **Japanese dressing**. Toss to coat. Season to taste.



Serve up

Divide the teriyaki-glazed beef rissoles, sesame sweet potatoes and Japanese-style salad between plates. Spoon any remaining glaze from the pan over the rissoles. Serve with the soy mayo.

Enjoy!

Rate your recipe

Scan here to rate this recipe!

