



Teriyaki-Glazed Beef Rissoles

with Sesame Potatoes & Japanese-Style Salad

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Sesame Seeds



Cucumber



Spring Onion



Carrot



Fine Breadcrumbs



Mixed Salad Leaves



Mayonnaise



Beef Mince



Teriyaki Sauce



Japanese Dressing

Prep in: 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 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
potato	2	4
sesame seeds	1 medium packet	1 large packet
cucumber	1	2
spring onion	1 stem	2 stems
carrot	½	1
mayonnaise	1 medium packet	1 large packet
soy sauce*	1 tsp	2 tsp
beef mince	1 small packet	1 medium packet
fine breadcrumbs	1 medium packet	1 large packet
egg*	1	2
salt*	¼ tsp	½ tsp
teriyaki sauce	½ packet	1 packet
water*	1½ 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)	3104kJ (742Cal)	510kJ (122Cal)
Protein (g)	41.4g	6.8g
Fat, total (g)	41.2g	6.8g
- saturated (g)	8.8g	1.4g
Carbohydrate (g)	48.5g	8g
- sugars (g)	17.1g	2.8g
Sodium (mg)	1444mg	237mg

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 sesame potatoes

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

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



Get prepped

- Meanwhile, thinly slice **cucumber** into half-moons. Thinly slice **spring onion**.
- Grate **carrot** (see ingredients).
- In a small bowl, combine **mayonnaise** and the **soy sauce**.



Make the rissoles

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



Cook the rissoles

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



Dress the salad

- In a large bowl, combine **mixed salad leaves**, **cucumber**, **carrot**, **Japanese dressing** and a drizzle of **olive oil**. Season to taste.



Serve up

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

We're here to help!

Scan here if you have any questions or concerns

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