



Cheesy Beef Rissoles & Pre-Cut Fries

with Cherry Tomato Fennel Salad, Caramelised Onions & Garlic Aioli

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato Fries



Brown Onion



Beef Mince



Garlic & Herb Seasoning



Shredded Cheddar Cheese



Fine Breadcrumbs



Snacking Tomatoes



Spinach Rocket & Fennel Mix



Garlic Aioli



Diced Bacon

Prep in: 20-30 mins
Ready in: 25-35 mins

Rissoles are a crowd-pleasing winner, but when you fill them with cheese and cover with sweet caramelised onion, they're even harder to refuse! This colourful plate also gets a serve of fries and a family-friendly salad for a rainbow of delights.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar, Egg

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

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
brown onion	1	2
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	1 tsp	2 tsp
beef mince	1 small packet	2 small packets OR 1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
shredded Cheddar cheese	1 medium packet	1 large packet
fine breadcrumbs	½ medium packet	1 medium packet
egg*	1	2
snacking tomatoes	1 punnet	2 punnets
spinach, rocket & fennel mix	1 medium bag	1 large bag
garlic aioli	1 medium packet	1 large packet
diced bacon**	1 packet (90g)	1 packet (180g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3066kJ (733Cal)	487kJ (116Cal)
Protein (g)	44.9g	7.1g
Fat, total (g)	40.4g	6.4g
- saturated (g)	11.9g	1.9g
Carbohydrate (g)	45.1g	7.2g
- sugars (g)	11.4g	1.8g
Sodium (mg)	772mg	123mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3453kJ (825Cal)	512kJ (122Cal)
Protein (g)	51.8g	7.7g
Fat, total (g)	47.1g	7g
- saturated (g)	14.4g	2.1g
Carbohydrate (g)	45.9g	6.8g
- sugars (g)	11.9g	1.8g
Sodium (mg)	1203mg	178mg

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.

We're here to help!

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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**.

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

3



Cook the rissoles & get prepped

- In a large bowl, combine **beef mince**, **garlic & herb seasoning**, **shredded Cheddar 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, halve **snacking tomatoes**.

Little cooks: Join the fun by helping combine the ingredients and shaping the mixture into rissoles! Make sure to wash your hands well afterwards.

2



Caramelize the onion

- While 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!

Custom Recipe: If you've added diced bacon, cook diced bacon with the onion, breaking up with a spoon, 5-6 minutes, then continue as above.

4



Serve up

- In a medium bowl, combine **spinach, rocket & fennel mix** and tomatoes. Season, then toss to combine.
- Divide cheesy beef rissoles, fries and cherry tomato salad between plates.
- Top rissoles with **garlic aioli** and caramelised onion to serve. Enjoy!

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

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