



Beef & Parmesan Rissoles

with Warm Pesto Potatoes & Sweet Walnut Salad

KID FRIENDLY

BESTSELLER

Grab your Meal Kit with this symbol



Potato



Beef Mince



Aussie Spice Blend



Fine Breadcrumbs



Parmesan Cheese



Walnuts



Apple



Basil Pesto



Mixed Salad Leaves



Dill & Parsley Mayonnaise



Diced Bacon

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

Tasty beef rissoles like flavour bombs, golden potatoes coated in pesto – these are just some of tonight's surprises you never knew you needed!

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

Pantry items

Olive Oil, Egg, Balsamic Vinegar

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	2	4
beef mince	1 small packet	2 small packets OR 1 large packet
Aussie spice blend	1 medium sachet	2 medium sachets OR 1 large sachet
fine breadcrumbs	¼ large packet	½ large packet
egg*	1	2
Parmesan cheese	1 medium packet	1 large packet
walnuts	1 medium packet	1 large packet
apple	1	2
basil pesto	1 packet	2 packets
balsamic vinegar*	2 tsp	1 tbs
mixed salad leaves	1 medium bag	2 medium bags
dill & parsley mayonnaise	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)	4131kJ (987Cal)	754kJ (180Cal)
Protein (g)	48.5g	8.9g
Fat, total (g)	63.5g	11.6g
- saturated (g)	12.9g	2.4g
Carbohydrate (g)	53.1g	9.7g
- sugars (g)	13.7g	2.5g
Sodium (mg)	1098mg	200mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4519kJ (1080Cal)	762kJ (182Cal)
Protein (g)	55.5g	9.4g
Fat, total (g)	70.2g	11.8g
- saturated (g)	15.4g	2.6g
Carbohydrate (g)	53.9g	9.1g
- sugars (g)	14.2g	2.4g
Sodium (mg)	1529mg	258mg

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!

Scan here if you have any questions or concerns



1



Roast the potatoes & make the meatballs

- Preheat oven to **240°C/220°C fan-forced**. Cut **potato** into 2cm chunks.
- Place **potato** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**.
- Toss to coat, then roast until tender, **20-25 minutes**.
- While potato is roasting, combine **beef mince**, **Aussie spice blend**, **fine breadcrumbs** (see ingredients), the **egg** and **Parmesan cheese** in a large bowl. Season with **salt** and **pepper**.
- Using damp hands, form heaped spoonfuls of the **mixture** into meatballs then flatten to make 2cm thick rissoles (4-5 per person). Set aside on a plate.

3



Bring it all together

- To the tray with potato, add **basil pesto** and toss to combine.
- In a medium bowl, add the **balsamic vinegar**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Stir to combine. Add **apple** and **mixed salad leaves**. Toss to combine just before serving.

Custom Recipe: Add cooked diced bacon to the potato tray with the basil pesto. Toss to combine.

2



Cook the rissoles

- Heat a large frying pan over medium-high heat. Add **walnuts** and toast until golden, **2-3 minutes**. Transfer to a small bowl.
- Return pan to medium-high heat with a drizzle of **olive oil**. Add the **rissoles** and cook until browned and cooked through, **3-4 minutes** each side.
- While the rissoles are cooking, thinly slice **apple** into wedges.

Custom Recipe: If you've added diced bacon, after cooking the rissoles, return pan to medium-high heat with a drizzle of olive oil. Cook diced bacon, breaking up with a spoon, until golden, 4-6 minutes.

4



Serve up

- Divide the beef and Parmesan rissoles, warm pesto potatoes and salad between plates.
- Sprinkle walnuts over the salad. Top with a dollop of **dill & parsley mayonnaise** to serve. Enjoy!

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