



Mediterranean Beef, Spinach & Fetta Rissoles

with Fries, Cucumber Salad & Dill-Parsley Mayo

NEW

Grab your Meal Kit with this symbol



Potato



Mediterranean Seasoning



Baby Spinach Leaves



Cucumber



Beef Mince



Fine Breadcrumbs



Fetta Cubes



Mixed Salad Leaves



Dill & Parsley Mayonnaise



Haloumi

Prep in: 20-30 mins
Ready in: 30-40 mins

Carb Smart*
**Custom recipe is not Carb Smart*

The Mediterranean is calling so pick up that phone and dive into these spinach, fetta and beef rissoles number. The only thing that could make this better, is by adding some spiced fries and a cucumber salad. Oh wait, we have those too!

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

Pantry items

Olive Oil, Egg, Honey, Vinegar (White Wine or Balsamic)

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
Mediterranean seasoning	1 sachet	2 sachets
baby spinach leaves	1 small bag	1 medium bag
cucumber	1	2
beef mince	1 small packet	2 small packets OR 1 large packet
fine breadcrumbs	1 medium packet	1 large packet
egg*	1	2
fetta cubes	1 medium packet	1 large packet
honey*	1 tbs	2 tbs
mixed salad leaves	1 small bag	1 medium bag
vinegar* (white wine or balsamic)	drizzle	drizzle
dill & parsley mayonnaise	1 medium packet	1 large packet
haloumi**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2695kJ (644Cal)	542kJ (130Cal)
Protein (g)	41.3g	8.3g
Fat, total (g)	35.3g	7.1g
- saturated (g)	9.4g	1.9g
Carbohydrate (g)	38.9g	7.8g
- sugars (g)	13.1g	2.6g
Sodium (mg)	1313mg	264mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3847kJ (919Cal)	656kJ (157Cal)
Protein (g)	58.4g	10g
Fat, total (g)	58.1g	9.9g
- saturated (g)	23.8g	4.1g
Carbohydrate (g)	40.1g	6.8g
- sugars (g)	14.1g	2.4g
Sodium (mg)	2348mg	400mg

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



Bake the fries

- Preheat oven to **240°C/220°C fan-forced**. Cut **potato** into fries.
- Place **fries** on a lined oven tray. Drizzle with **olive oil**, sprinkle over half the **Mediterranean seasoning** and season with **salt** and toss to coat.
- Bake until tender, **20-25 minutes**.

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

Custom Recipe: If you've added haloumi, to a medium bowl, add haloumi and cover with water to soak.

4



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. Drain **oil** from pan.
- Remove from heat. Return all **rissoles** to pan, then add the **honey**, tossing to coat.

Custom Recipe: Before cooking the rissoles, heat pan as above. Cook haloumi until golden brown, 1-2 minutes each side. Transfer to a plate lined with paper towel and continue as above.

2



Get prepped

- Meanwhile, finely chop **baby spinach leaves**.
- Thinly slice **cucumber** into rounds.

5



Toss the salad

- Meanwhile, in a medium bowl, combine **cucumber**, **mixed salad leaves**, a drizzle of the **vinegar** and **olive oil**.
- Season to taste.

Custom Recipe: Roughly chop haloumi and toss through the salad.

3



Make the rissoles

- In a medium bowl, combine **beef mince**, **spinach**, **fine breadcrumbs**, the **egg**, the remaining **Mediterranean seasoning** and crumble in **fetta cubes**.
- 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.

Custom Recipe: Drain haloumi and pat dry. Cut haloumi into 1cm-thick slices.

6



Serve up

- Divide fries, Mediterranean beef, spinach and fetta rissoles and cucumber salad between plates.
- Serve with **dill & parsley mayonnaise**. Enjoy!

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