



Mediterranean Beef, Spinach & Fetta Rissoles

with Fries, Cucumber Salad & Dill-Parsley Mayo

Grab your Meal Kit with this symbol



Potato Fries



Mediterranean Seasoning



Baby Spinach Leaves



Cucumber



Beef Mince



Fine Breadcrumbs



Fetta Cubes



Mixed Salad Leaves



Balsamic Vinaigrette Dressing



Dill & Parsley Mayonnaise



Pork Mince

Prep in: 15-25 mins
Ready in: 30-40 mins

The Mediterranean is calling so pick up that phone and dive into these spinach, fetta and beef rissoles. 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

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 packet	1 large packet
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
balsamic vinaigrette dressing	1 packet	2 packets
dill & parsley mayonnaise	1 medium packet	1 large packet
pork mince**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3035kJ (725Cal)	565kJ (135Cal)
Protein (g)	42g	7.8g
Fat, total (g)	39.6g	7.4g
- saturated (g)	9.8g	1.8g
Carbohydrate (g)	47.6g	8.9g
- sugars (g)	12.6g	2.3g
Sodium (mg)	1450mg	270mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3007kJ (719Cal)	559kJ (134Cal)
Protein (g)	38.6g	7.2g
Fat, total (g)	40.6g	7.6g
- saturated (g)	9.3g	1.7g
Carbohydrate (g)	47.6g	8.9g
- sugars (g)	12.6g	2.3g
Sodium (mg)	1449mg	270mg

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**.
- Place **potato fries** on a lined oven tray. Sprinkle over half the **Mediterranean seasoning**, drizzle with **olive oil**, 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.

3



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 **rissoles** to pan, then add the **honey**, tossing to coat.

Custom Recipe: Cook beef rissoles in the same way as the pork rissoles.

2



Get prepped

- Meanwhile, finely chop **baby spinach leaves**. Thinly slice **cucumber** into rounds.
- In a medium bowl, combine **beef mince**, **spinach**, **fine breadcrumbs**, the **egg**, 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: If you've swapped to pork mince, prepare pork mince in the same way as beef mince.

4



Serve up

- Meanwhile, in a medium bowl, combine cucumber, **mixed salad leaves** and **balsamic vinaigrette dressing**.
- Divide fries, Mediterranean beef, spinach and fetta rissoles and cucumber salad between plates.
- Serve with a dollop of **dill & parsley mayonnaise**. Enjoy!

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