



# Quick Cheesy Beef Rissoles & Potato Fries

with Sticky Caramelised Onion & Garden Salad

KID FRIENDLY

Grab your Meal Kit with this symbol



Brown Onion



Potato Fries



Beef Mince



Garlic & Herb Seasoning



Cheddar Cheese



Fine Breadcrumbs



Snacking Tomatoes



Mixed Salad Leaves



Garlic Aioli



Diced Bacon

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

These simple, rustic rissoles are packed with flavour from Parmesan and garlic-herb seasoning. They're the perfect little parcels of joy to be savoured with a simple Italian-style salad, fries and aioli.

**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

Large frying pan · Oven tray lined with baking paper

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
brown onion	1	2
<b>balsamic vinegar*</b>	drizzle	drizzle
<b>brown sugar*</b>	1 tsp	2 tsp
potato fries	1 medium bag	1 large bag
beef mince	1 small packet	2 small packets OR 1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
Cheddar cheese	1 medium packet	1 large packet
fine breadcrumbs	½ medium packet	1 medium packet
<b>egg*</b>	1	2
snacking tomatoes	1 punnet	2 punnets
mixed salad leaves	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)	3048kJ (728Cal)	484kJ (116Cal)
Protein (g)	45g	7.2g
Fat, total (g)	40.4g	6.4g
- saturated (g)	11.9g	1.9g
Carbohydrate (g)	44g	7g
- sugars (g)	10.4g	1.7g
Sodium (mg)	778mg	124mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3436kJ (821Cal)	510kJ (122Cal)
Protein (g)	51.9g	7.7g
Fat, total (g)	47.1g	7g
- saturated (g)	14.4g	2.1g
Carbohydrate (g)	44.8g	6.6g
- sugars (g)	10.9g	1.6g
Sodium (mg)	1209mg	179mg

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](https://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



## Caramelize the onion

- Preheat oven to **240°C/220°C fan-forced**. 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. Set aside.

**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.

3



## Cook the rissoles & make the salad

- While the fries are baking, in a large bowl, combine **beef mince**, **garlic & herb seasoning**, **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**.
- In a medium bowl, combine **mixed salad leaves** and **tomatoes** with a drizzle of **olive oil** and **balsamic vinegar**. Season, then toss to combine.

2



## Bake the fries

- Spread **potato fries** over a large microwave-safe plate. Cover with a damp paper towel.
- Microwave **fries** on high, **4 minutes**.
- Drain any excess liquid, then place **fries** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then bake until golden and tender, **10-15 minutes**.

4



## Serve up

- Divide cheesy beef rissoles, potato fries and garden salad between plates.
- Top rissoles with **garlic aioli** and sticky caramelised onion to serve. Enjoy!

## Rate your recipe

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