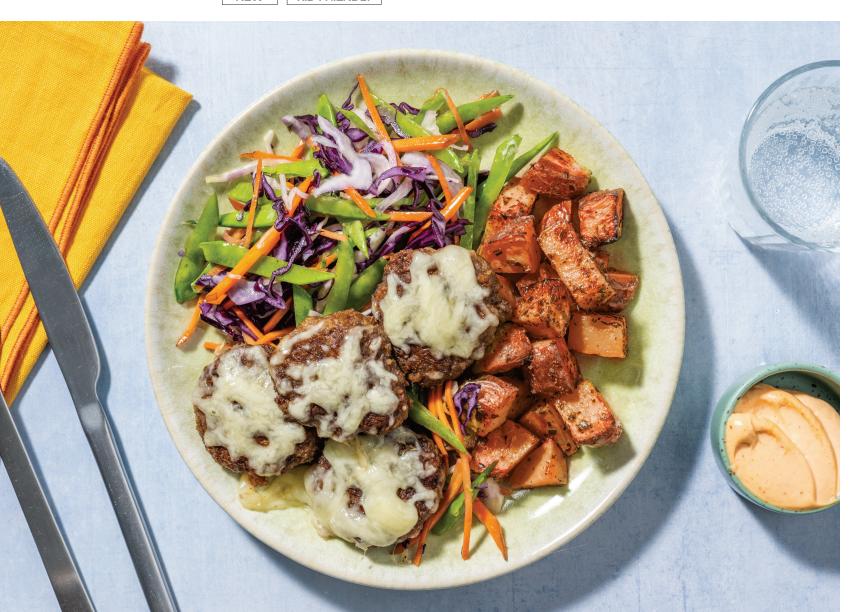


# American Cheeseburger Beef Rissoles with Pea Pod Slaw, Garlicky Sweet Potato Chunks & Burger Sauce

KID FRIENDLY



Grab your Meal Kit with this symbol









**Sweet Potato** 



Seasoning



Pea Pods



**Beef Mince** 



All-American



Spice Blend

Fine Breadcrumbs





**Burger Sauce** 

Dijon Mustard

Cheddar Cheese





Slaw Mix



**Pantry items** 

Olive Oil, Egg, White Wine 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 with

## Ingredients

9				
	2 People	4 People		
olive oil*	refer to method	refer to method		
sweet potato	2	4		
garlic & herb seasoning	1 medium sachet	2 medium sachets		
pea pods	1 small packet	1 medium packet		
beef mince	1 small packet	2 small packets OR 1 large packet		
All-American spice blend	1 medium sachet	2 medium sachets		
fine breadcrumbs	1 medium packet	1 large packet		
egg*	1	2		
Dijon mustard	1 packet	2 packets		
Cheddar cheese	1 medium packet	1 large packet		
slaw mix	1 small packet	1 large packet		
white wine vinegar*	drizzle	drizzle		
burger sauce	1 medium packet	1 large packet		
pork mince**	1 small packet	2 small packets OR 1 large packet		

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

## **Nutrition**

Per Serving	Per 100g
2933kJ (701Cal)	523kJ (125Cal)
46.6g	8.3g
34.7g	6.2g
11.6g	2.1g
47.8g	8.5g
15.8g	2.8g
1455mg	259mg
	2933kJ (701Cal) 46.6g 34.7g 11.6g 47.8g 15.8g

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2905kJ (694Cal)	518kJ (124Cal)
Protein (g)	43.1g	7.7g
Fat, total (g)	35.6g	6.3g
- saturated (g)	11.1g	2g
Carbohydrate (g)	47.8g	8.5g
- sugars (g)	15.8g	2.8g
Sodium (mg)	1454mg	259mg

The quantities provided above are averages only.

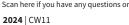
# Alleraens

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





## Bake the sweet potato chunks

- Preheat oven to 240°C/220°C fan-forced.
- · Cut sweet potato into bite-size chunks.
- Place **sweet potato** and **garlic & herb seasoning** on a lined oven tray.
- Drizzle with olive oil, season with salt and toss to coat. Roast until tender, 20-25 minutes.
- Meanwhile, thinly slice pea pods lengthways.



## Cook the rissoles

- When potatoes have **10 minutes** remaining, in a large frying pan, heat a drizzle of olive oil over medium-high heat.
- · Add rissoles and cook in batches, until browned and cooked through, 3-4 minutes each side.
- In the last 1-2 minutes of cook time, sprinkle Cheddar cheese over rissoles and cover with a lid or foil until cheese melts.

Custom Recipe: Cook pork in batches for best results, sprinkling the Cheddar over the rissoles as above.

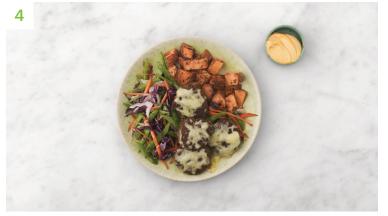


# Prepare the rissoles

- In a medium bowl, combine beef mince, All-American spice blend, fine breadcrumbs, the egg, Dijon mustard and a pinch of salt.
- Using damp hands, form heaped spoonfuls of **mixture** into meatballs then flatten to make 2cm thick rissoles and set aside on a plate. You should get about 3-4 rissoles per person.

**Little cooks:** Join the fun by helping combine the ingredients and shaping the mixture into rissoles!

**Custom Recipe:** If you've swapped to pork mince, prepare pork rissoles in the same way as above.



# Serve up

- In a second medium bowl, combine **slaw mix**, pea pods and a drizzle of white wine vinegar and olive oil. Season to taste.
- Divide cheesy beef rissoles, pea pod slaw and garlicky sweet potato chunks between plates. Serve with burger sauce. Enjoy!

**Little cooks:** *Take the lead by tossing the slaw!* 

#### Rate your recipe

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