



American Cheeseburger Beef Rissoles

with Pea Pod Slaw, Garlicky Sweet Potato Chunks & Burger Sauce

NEW

KID FRIENDLY



Grab your Meal Kit with this symbol



Sweet Potato



Garlic & Herb Seasoning



Pea Pods



Beef Mince



All-American Spice Blend



Fine Breadcrumbs



Dijon Mustard



Cheddar Cheese



Slaw Mix



Burger Sauce



Pork Mince

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

More cheese please! We heard your calls and whipped up some rissoles that are sure to please. These parcels of beef are served up nice and fresh with a pea pod slaw and garlicky sweet potato chunks to go with it.

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

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 a lid

Ingredients

	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

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2933kJ (701Cal)	523kJ (125Cal)
Protein (g)	46.6g	8.3g
Fat, total (g)	34.7g	6.2g
- saturated (g)	11.6g	2.1g
Carbohydrate (g)	47.8g	8.5g
- sugars (g)	15.8g	2.8g
Sodium (mg)	1455mg	259mg

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.

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 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.

3



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.

2



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.

4



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

Our Culinary team is waiting for your feedback!

Let them know what you thought: hellofresh.com.au/rate