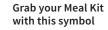


# Greek-Style Beef, Spinach & Fetta Rissoles with Fries, Cucumber Salad & Dill-Parsley Mayo

MEDITERRANEAN









Potato

Seasoning



**Baby Spinach** Leaves

Cucumber





**Beef Mince** 

Fine Breadcrumbs





Mixed Salad

Fetta Cubes

Leaves



Dill & Parsley Mayonnaise





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

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!

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

ingi calcino				
	2 People	4 People		
olive oil*	refer to method	refer to method		
potato	2	4		
Mediterranean seasoning	1 medium sachet	2 medium sachets		
baby spinach leaves	1 small packet	1 medium packet		
cucumber	1	2		
beef mince	1 medium packet	2 medium 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 packet	1 medium packet		
vinegar* (white wine or balsamic)	drizzle	drizzle		
dill & parsley mayonnaise	1 medium packet	1 large packet		
fetta cubes**	1 medium packet	1 large packet		
*Pantry Items **Custom Recipe Ingredient				

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2868kJ (685Cal)	589kJ (140Cal)
Protein (g)	40.9g	8.4g
Fat, total (g)	40.3g	8.3g
- saturated (g)	10.2g	2.1g
Carbohydrate (g)	38.8g	8g
- sugars (g)	13g	2.7g
Sodium (mg)	1309mg	269mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3008kJ (718Cal)	603kJ (144Cal)
Protein (g)	43.2g	8.7g
Fat, total (g)	43g	8.6g
- saturated (g)	12g	2.4g
Carbohydrate (g)	38.8g	7.8g
- sugars (g)	13g	2.6g
Sodium (mg)	1521mg	305mg

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!





# Bake the potato 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.



# Get prepped

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



### 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: If you've doubled your fetta cubes, crumble in half the fetta cubes into the rissoles mixture.



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



# Toss the salad

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



# Serve up

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

**Custom Recipe:** Crumble remaining fetta cubes over cucumber salad to serve.



Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate

