



# Greek-Style Beef, Spinach & Fetta Rissoles

with Fries, Cucumber Salad & Dill-Parsley Mayo

MEDITERRANEAN



Grab your Meal Kit with this symbol



Potato



Mediterranean Seasoning



Baby Spinach Leaves



Cucumber



Beef Mince



Fine Breadcrumbs



Fetta Cubes



Mixed Salad Leaves



Dill & Parsley Mayonnaise



Fetta Cubes

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

The Mediterranean is calling so pick up that phone and dive into these spinach, feta 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!

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

### Pantry items

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

	2 People	4 People
<b>olive oil*</b>	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
<b>egg*</b>	1	2
fetta cubes	1 medium packet	1 large packet
<b>honey*</b>	1 tbs	2 tbs
mixed salad leaves	1 small packet	1 medium packet
<b>vinegar*</b> (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](https://www.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 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.



## 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.



## Get prepped

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



## Toss the salad

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



## 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.



## 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.

## Rate your recipe

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