



Honey-Glazed Beef Rissoles & Roast Veggies

with Baby Spinach & Yoghurt

KID FRIENDLY

AIR FRYER FRIENDLY

Grab your meal kit with this number

1



Carrot



Potato



Garlic



Beef Mince



Nan's Special Seasoning



Fine Breadcrumbs



Baby Spinach Leaves



Greek-Style Yoghurt



Pork Mince



Diced Bacon

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



Protein Rich



Carb Smart

Laced with our famous Nan's seasoning, these juicy beef rissoles are sure to be a hit – especially when served over a roast veggie toss then finished with a drizzle of spicy yoghurt and a sprinkling of flaked almonds.

Pantry items

Olive Oil, Egg, Honey

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Air fryer or oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
potato	2	4
garlic	1 clove	2 clove
beef mince	1 medium packet	2 medium packets OR 1 large packet
Nan's special seasoning	1 medium sachet	1 large sachet
fine breadcrumbs	½ medium packet	1 medium packet
egg*	1	2
honey*	1 tsp	2 tsp
baby spinach leaves	1 medium packet	1 large packet
Greek-style yoghurt	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2108kJ (504cal)	282kJ (67cal)
Protein (g)	39.3g	5.3g
Fat, total (g)	22.1g	3g
- saturated (g)	8.1g	1.1g
Carbohydrate (g)	35.5g	4.7g
- sugars (g)	12.2g	1.6g
Sodium (mg)	535mg	71.5mg
Dietary Fibre (g)	7.1g	0.9g

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



Get prepped

- Cut **carrot** and **potato** into chunks.
- Finely chop **garlic**.
- In a medium bowl, combine **carrot, potato**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Toss veggies to coat.



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.
- Remove pan from heat. Return all **rissoles** to the pan, then add the **honey**, turning **rissoles** to coat.
- Transfer to a plate and cover to keep warm.

TIP: For best results, drain the oil from the pan before adding the honey.



Cook the veggies

- Set air fryer to **200°C**. Place **carrot** and **potato** into the air fryer basket and cook for **10 minutes**
- Shake the basket, then cook until tender, a further **5-10 minutes**.

TIP: No air fryer? Preheat oven to 240°C/220°C fan-forced. Place potato and carrot on a lined oven tray. Roast until tender, 20-25 minutes.



Toss the veg

- Add **baby spinach leaves** to the tray of roasted veggies and toss to combine. Season to taste.



Make the rissoles

- Meanwhile, in a medium bowl, combine **beef mince**, **Nan's special seasoning**, **garlic**, **fine breadcrumbs** (see ingredients), the **egg** and a pinch of **salt**.
- 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.



Serve up

- Divide roast veggies and honey-glazed beef rissoles between plates.
- Drizzle with **Greek-style yoghurt** to serve. Enjoy!

CUSTOM OPTIONS

SWAP TO PORK MINCE
Follow method above.

ADD DICED BACON
In a large frying pan, cook with a drizzle of olive oil until browned, 4-5 minutes. Toss with veggies before serving.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

