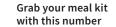


# Honey-Glazed Beef Rissoles & Roast Veggies with Baby Spinach & Yoghurt

KID FRIENDLY AIR FRYER FRIENDLY











Potato







Nan's Special

Fine Breadcrumbs



Seasoning



**Baby Spinach** Leaves

Greek-Style Yoghurt



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

**Carb Smart** 



## 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  $\cdot$  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.



# 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 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 aryer? Preheat oven to 240°C/220°C fan-forced. Place potato and carrot on a lined oven tray. Roast until tender, 20-25 minutes.



#### 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.



### 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.



# Toss the veg

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



# Serve up

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







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.

