



# 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



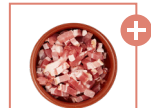
Fine Breadcrumbs



Baby Spinach Leaves



Greek-Style Yoghurt



Diced Bacon



Beef Mince

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 and finished with a drizzle of spicy yoghurt and a sprinkling of flaked almonds.

### Pantry items

Olive Oil, Eggs, 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
<b>olive oil*</b>	refer to method	refer to method
carrot	1	2
potato	2	4
garlic	1 clove	2 cloves
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
<b>eggs*</b>	1	2
<b>honey*</b>	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](https://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 **potato**, **carrot**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Toss to coat.



## Cook the rissoles

- In a large frying pan, heat a drizzle of **olive oil** over a 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 **potato** and **carrot** 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. Roast sweet potato and carrot on a lined oven tray until tender, 20-25 minutes.



## Toss the veg

- When the veggies are done, allow tray to slightly cool. Add **baby spinach leaves** 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 veggie and honey-glazed beef rissoles between plates.
- Drizzle with **Greek-style yoghurt** to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW37



### CUSTOM OPTIONS

#### + ADD DICED BACON

In a large frying pan, cook with a drizzle of olive oil until browned, 4-5 minutes. Stir through veggies to serve.

#### + DOUBLE BEEF MINCE

Follow method above, cooking rissoles in batches if necessary.

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

