



Honey-Glazed Beef Rissoles & Roast Veggies

with Baby Spinach & Yoghurt

KID FRIENDLY

AIR FRYER FRIENDLY

Grab your meal kit with this number

1



Carrot



Sweet Potato



Garlic



Beef Mince



Nan's Special Seasoning



Fine Breadcrumbs



Baby Spinach Leaves



Greek-Style Yoghurt



Pork Mince



Beef Mince

Recipe Update

We've replaced the potato in this recipe with sweet potato due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

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 tangy yoghurt.

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 |
|-------------------------|-----------------|---------------------------------------|
| olive oil* | refer to method | refer to method |
| carrot | 1 | 2 |
| sweet 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 |
| 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) | 2116kJ (506cal) | 283kJ (68cal) |
| Protein (g) | 39.2g | 5.2g |
| Fat, total (g) | 22.4g | 3g |
| - saturated (g) | 8.2g | 1.1g |
| Carbohydrate (g) | 35.5g | 4.7g |
| - sugars (g) | 12.2g | 1.6g |
| Sodium (mg) | 534mg | 71.4mg |
| 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 **sweet potato** into chunks.
- Finely chop **garlic**.
- In a medium bowl, combine **sweet 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 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 **sweet 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. Roast sweet potato and carrot on a lined oven tray until tender, 20-25 minutes.



Toss the veg

- When the veggies are done, allow basket to slightly cool.
- Add **baby spinach leaves** and toss to combine. Season to taste.

TIP: No air fryer? Toss the spinach through the roast veggies directly on the cooled oven tray.



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!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW43



CUSTOM OPTIONS



SWAP TO PORK MINCE
Follow method above.



DOUBLE BEEF MINCE
Follow method above, cooking 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.

