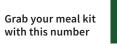


Beef Rissoles & Potato Fries

with Sticky Caramelised Onion & Garden Salad

HELLOHERO

KID FRIENDLY











Beef Mince





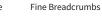
Seasoning

Garlic & Herb





Cheddar Cheese





Tomato



Leaves



Mustard Cider Dressing



Garlic Aioli







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

Large frying pan · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	1	2
vinegar* (white wine or balsamic)	drizzle	drizzle
brown sugar*	1 tsp	2 tsp
potato fries	1 medium packet	1 large packet
beef mince	1 medium packet	2 medium packets OR 1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
Cheddar cheese	1 medium packet	1 large packet
fine breadcrumbs	½ medium packet	1 medium packet
egg*	1	2
tomato	1	2
mixed salad leaves	1 medium packet	1 large packet
mustard cider dressing	1 packet	2 packets
garlic aioli	1 medium packet	1 large packet

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3452kJ (825Cal)	567kJ (135Cal)
Protein (g)	45.4g	7.5g
Fat, total (g)	52g	8.5g
- saturated (g)	14.3g	2.3g
Carbohydrate (g)	45.4g	7.5g
- sugars (g)	13.4g	2.2g
Sodium (mg)	1001mg	164mg
Dietary Fibre (g)	6.7g	1.1g

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.



Caramelise the onion

- Preheat oven to 240°C/220°C fan-forced. Thinly slice brown onion.
- In a large frying pan, heat a drizzle of olive oil over medium heat. Cook onion, stirring regularly, until softened, 5-6 minutes.
- Add the vinegar, brown sugar and a splash of water. Mix well. Cook until dark and sticky, 3-5 minutes. Transfer to a small bowl. Set aside.



Cook the rissoles

- While fries are baking, in a large bowl, combine beef mince, garlic & herb seasoning, Cheddar cheese, fine breadcrumbs (see ingredients) and the egg.
- Using damp hands, form heaped spoonfuls of **mixture** into meatballs, then flatten to make 2cm-thick rissoles (3-4 per person). Transfer to a plate.
- Wash out frying pan, then return to medium-high heat with a drizzle of olive
 oil. When oil is hot, cook rissoles, in batches, until browned and cooked
 through, 3-4 minutes each side

Little cooks: Join the fun by helping combine the ingredients and shaping the mixture into rissoles!



Bake the fries

- Spread potato fries over a large microwave-safe plate. Cover with a damp paper towel.
- Microwave fries on high, 4 minutes.
- Drain any excess liquid, then place **fries** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then bake until golden and tender, 12-15 minutes.



Finish & serve

- · Meanwhile, roughly chop tomato.
- In a medium bowl, combine mixed salad leaves, tomato and mustard cider dressing. Season tp taste, then toss to combine.
- Divide beef rissoles, potato fries and garden salad between plates.
- Top rissoles with **garlic aioli** and sticky caramelised onion to serve. Enjoy!

Little cooks: Take charge by tossing the salad!









ADD DICED BACON

