

Beef Rissoles & Potato Fries

with Sticky Caramelised Onion & Garden Salad

HELLOHERO

KID FRIENDLY

Grab your meal kit with this number

39



Brown Onion



Potato Fries



Beef Mince



Garlic & Herb Seasoning



Cheddar Cheese



Fine Breadcrumbs



Tomato



Mixed Salad Leaves



Mustard Cider Dressing



Garlic Aioli



Cheddar Cheese



Diced Bacon

Prep in: 20-30 mins
Ready in: 25-35 mins

These simple, rustic rissoles are packed with flavour from Cheddar and garlic-herb seasoning. They're the perfect little parcels of joy to be savoured with some caramelised onion, a simple mustard cider salad, fries and aioli.

Pantry items

Olive Oil, Vinegar (White Wine or Balsamic), Brown Sugar, Egg

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.

We're here to help!

Scan here if you have any questions or concerns

2025 | CW06



1



Caramelize 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.

3



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!

CUSTOM OPTIONS



DOUBLE CHEDDAR CHEESE

Follow method above.



ADD DICED BACON

In a large frying pan, cook with a drizzle of olive oil until browned, 4-5 minutes. Stir through onions before serving.

2



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**.

4



Finish & serve

- Meanwhile, roughly chop **tomato**.
- In a medium bowl, combine **mixed salad leaves**, **tomato** and **mustard cider dressing**. Season to 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!

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

