



American-Spiced Beef Rissoles

with Sweet Potato Wedges, Garlic Aioli & Salad

NEW

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Sweet Potato



Tomato



Sweetcorn



All-American Spice Blend



Fine Breadcrumbs



Mixed Salad Leaves



Beef Mince



Garlic Paste



Garlic Aioli



Shredded Cheddar Cheese

Prep in: 25-35 mins
Ready in: 30-40 mins

Calorie Smart*

*Custom Recipe is not Calorie Smart

Roll up a taste of America into these bite-sized morsels of flavour! Serve them with zingy charred corn salad, sweet potato wedges and some garlic aioli for dipping and you've got a moreish meal that will have you hooked!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Honey, Vinegar (White Wine or Balsamic)

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
tomato	1	2
sweetcorn	1 tin (125g)	1 tin (300g)
beef mince	1 small packet	1 medium packet
All-American spice blend	1 medium sachet	1 large sachet
garlic paste	1 packet	2 packets
fine breadcrumbs	½ packet	1 packet
honey*	2 tsp	1 tbs
mixed salad leaves	1 medium bag	1 large bag
vinegar* (white wine or balsamic)	drizzle	drizzle
garlic aioli	1 medium packet	1 large packet
shredded Cheddar cheese**	1 medium packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2671kJ (638Cal)	516kJ (123Cal)
Protein (g)	35.8g	6.9g
Fat, total (g)	33.2g	6.4g
- saturated (g)	7.2g	1.4g
Carbohydrate (g)	47.7g	9.2g
- sugars (g)	21.9g	4.2g
Sodium (mg)	774mg	149mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3015kJ (721Cal)	560kJ (134Cal)
Protein (g)	40.7g	7.6g
Fat, total (g)	40.2g	7.5g
- saturated (g)	11.5g	2.1g
Carbohydrate (g)	47.7g	8.9g
- sugars (g)	21.9g	4.1g
Sodium (mg)	918mg	171mg

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



Bake the wedges

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **sweet potato** into wedges.
- Place **wedges** on a lined oven tray. Season with **salt**, drizzle with **olive oil** and toss to coat. Bake until tender, **25-30 minutes**.

Custom Recipe: If you've added cheese, in the last 5 minutes of cook time, remove tray from oven, sprinkle with shredded Cheddar cheese and bake until golden and crispy, 5 minutes.



Char the corn & cook rissoles

- Heat a large frying pan over high heat. Add **corn kernels** and cook, stirring, until charred, **4-5 minutes**. Transfer to a large bowl.
- Return frying pan to medium-high heat with a generous drizzle of **olive oil**. Cook **rissoles** in batches, until browned and cooked through, **3-4 minutes** each side.
- Remove pan from heat, then add the **honey** and a splash of **water**, tossing to coat.



Get prepped

- Meanwhile, roughly chop **tomato**.
- Drain **sweetcorn**.



Toss the salad

- To the bowl with the **corn**, add **mixed salad leaves**, **tomato**, a drizzle of **olive oil** and **vinegar**. Toss to combine. Season to taste.



Make the rissoles

- In a medium bowl, combine **beef mince**, **All-American spice blend**, **garlic paste**, **fine breadcrumbs** (see ingredients) and a pinch of **salt** and **pepper**. Using damp hands, roll heaped spoonfuls of **mixture** into meatballs, then flatten to make 2cm-thick rissoles (3-4 rissoles per person). Transfer to a plate.



Serve up

- Divide American-spiced beef rissoles, sweet potato wedges and salad between plates.
- Serve with **garlic aioli**. Enjoy!

Rate your recipe

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