



Asian-Style Beef Rissoles

with Sesame Sweet Potato Fries & Japanese Slaw

KID FRIENDLY



Grab your Meal Kit with this symbol



Sweet Potato



Mixed Sesame Seeds



Garlic



Lemon Pepper Seasoning



Fine Breadcrumbs



Cucumber



Crushed Peanuts



Coriander



Beef Mince



Slaw Mix



Japanese Dressing



Chicken Mince

Prep in: **30-40 mins**
Ready in: **35-45 mins**



Calorie Smart*
*Custom Recipe only



Eat Me Early*

*Custom Recipe only

How to upgrade your everyday rissoles? Toss them in a gorgeous honey and soy glaze, of course! Complete with fragrant sesame sweet potato fries and a slaw that feels a bit fancy, this is not your average weeknight dinner.

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

Pantry items

Olive Oil, Soy Sauce, Honey, Egg

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 |
| mixed sesame seeds | 1 medium packet | 1 large packet |
| garlic | 2 cloves | 4 cloves |
| soy sauce* | 1 tbs | 2 tbs |
| honey* | 1 tbs | 1 tbs |
| water* | 2 tbs | ¼ cup |
| beef mince | 1 small packet | 1 medium packet |
| lemon pepper seasoning | 1 medium sachet | 1 large sachet |
| fine breadcrumbs | 1 medium packet | 1 large packet |
| egg* | 1 | 2 |
| cucumber | 1 | 2 |
| slaw mix | 1 small bag | 1 large bag |
| Japanese dressing | 1 packet | 2 packets |
| crushed peanuts | 1 medium packet | 1 large packet |
| coriander | 1 bag | 1 bag |
| chicken mince** | 1 medium packet | 1 large packet |

*Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 2784kJ (665Cal) | 484kJ (116Cal) |
| Protein (g) | 43g | 7.5g |
| Fat, total (g) | 29.8g | 5.2g |
| - saturated (g) | 8g | 1.4g |
| Carbohydrate (g) | 53.2g | 9.2g |
| - sugars (g) | 26g | 4.5g |
| Sodium (mg) | 1241mg | 216mg |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|---------------|
| Energy (kJ) | 2386kJ (570Cal) | 415kJ (99Cal) |
| Protein (g) | 43.3g | 7.5g |
| Fat, total (g) | 19g | 3.3g |
| - saturated (g) | 3.1g | 0.5g |
| Carbohydrate (g) | 53.2g | 9.2g |
| - sugars (g) | 26g | 4.5g |
| Sodium (mg) | 1217mg | 211mg |

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

2022 | CW49



1



Bake the sweet potato fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **sweet potato** into fries.
- Place **fries** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **mixed sesame seeds** and season with **salt**. Toss to coat.
- Bake until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide the fries between two trays.

4



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.
- Return all **rissoles** to pan, then add **honey-soy glaze**, turning **rissoles** gently to coat. Cook until slightly reduced, **1 minute**.
- Remove from heat.

TIP: For best results, drain the oil from the pan before cooking the sauce.

Custom Recipe: Cook chicken rissoles in the same way as above.

2



Get prepped

- Meanwhile, finely chop **garlic**.
- In a small bowl, combine the **soy sauce**, the **honey** and the **water**. Set aside.

Little cooks: Take charge by combining the sauces!

5



Make the slaw

- Meanwhile, thinly slice **cucumber** into half-moons.
- In a second medium bowl, combine **slaw mix**, **cucumber**, **Japanese dressing** and **crushed peanuts**.

Little cooks: Lend a hand by tossing the slaw!

3



Make the rissoles

- In a medium bowl, combine **beef mince**, **garlic**, **lemon pepper seasoning**, **fine breadcrumbs** and the **egg**. Season with **salt** and **pepper**.
- Using damp hands, roll heaped spoonfuls of **mixture** into meatballs, then flatten to make 2cm-thick rissoles (3-4 per person).
- Transfer to a plate.

Custom Recipe: If you've swapped to chicken mince, prepare chicken mince in the same way as above.

6



Serve up

- Roughly chop **coriander** leaves.
- Divide Asian-style beef rissoles, sesame sweet potato fries and Japanese slaw between plates.
- Garnish salad with coriander to serve. Enjoy!

Little cooks: Add the finishing touch by sprinkling over the coriander!

Rate your recipe

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