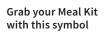


**KID FRIENDLY** 









Sweet Potato



Seeds





Lemon Pepper Seasoning





Cucumber

Fine Breadcrumbs



Crushed Peanuts



Coriander



Beef Mince



Japanese Dressing





Prep in: 30-40 mins Ready in: 35-45 mins Eat Me Early\*

\*Custom Recipe only

Calorie Smart\* \*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.

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

9		
	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	⅓ 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

<sup>\*</sup>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		

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





# 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.



## 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!



## 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.



## 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.



## 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!



# 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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