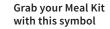


# Aussie Beef Rissoles & Rainbow Fries

with Dill-Parsley Slaw & Garlic Sauce

KID FRIENDLY

















**Aussie Spice** 





Dill & Parsley Mayonnaise





Slaw Mix



**Garlic Sauce** 





**Carb Smart** 

Rissoles are a crowd-pleasing dinner winner, but when you add our Aussie spice blend, they're even harder to refuse! This colourful plate also gets a serve of veggie fries and a crisp and creamy slaw for a rainbow of delights.



#### Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

#### 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		
carrot	1	2		
beetroot	1	2		
garlic	2 cloves	4 cloves		
beef mince	1 small packet	1 medium packet		
Aussie spice blend	1 medium sachet	1 large sachet		
fine breadcrumbs	½ medium packet	1 medium packet		
egg*	1	2		
dill & parsley mayonnaise	1 medium packet	1 large packet		
white wine vinegar*	drizzle	drizzle		
cucumber	1	2		
slaw mix	1 small bag	1 large bag		
garlic sauce	1 medium packet	2 medium packets		
pork mince**	1 small packet	1 medium packet		
*Pantry Items **Custom Recipe Ingredient				

#### Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2654kJ (634Cal)	497kJ (118Cal)
Protein (g)	36.1g	6.8g
Fat, total (g)	42.2g	7.9g
- saturated (g)	8.5g	1.6g
Carbohydrate (g)	26.7g	5g
- sugars (g)	19.2g	3.6g
Sodium (mg)	882mg	165mg
Dietary Fibre (g)	11.4g	2.1g

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2645kJ (632Cal)	496kJ (118Cal)
Protein (g)	33.3g	6.2g
Fat, total (g)	43.4g	8.1g
- saturated (g)	8.2g	1.5g
Carbohydrate (g)	26.7g	5g
- sugars (g)	19.2g	3.6g
Sodium (mg)	882mg	165mg
Dietary Fibre (g)	11.4g	2.1g

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.



#### Bake the fries

- Preheat oven to 240°C/220°C fan-forced.
- · Cut carrot and beetroot into fries.
- Place fries on a lined oven tray. Drizzle with olive oil, season with salt and pepper and toss
- Bake until tender, 20-25 minutes.

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



#### Make the rissoles

- Meanwhile, finely chop garlic.
- In a medium bowl, combine beef mince, Aussie spice blend, fine breadcrumbs (see ingredients), the egg and garlic. Season.
- 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 pork mince, prepare pork mince in the same way as beef mince.



#### Cook the rissoles

- In a large frying pan, heat a drizzle of olive oil over medium-high heat.
- · Cook rissoles until browned and cooked through, 3-4 minutes each side. Transfer to a paper towel-lined plate

**Custom Recipe:** Cook pork rissoles in the same way as the beef rissoles.



## Make the dressing

· Meanwhile, in a small bowl, combine dill & parsley mayonnaise and a drizzle of white wine vinegar.

**Little cooks:** Take charge by combining the sauces!



#### Make the slaw

- Thinly slice cucumber into half-moons.
- In a second medium bowl, combine **slaw mix**. cucumber and the dill-parsley dressing. Season to taste.

**Little cooks:** Take the lead by tossing the slaw!



### Serve up

- · Divide Aussie beef rissoles, rainbow fries and slaw between plates.
- · Serve with garlic sauce. Enjoy!





