



Aussie Beef Rissoles & Rainbow Fries

with Dill-Parsley Slaw & Garlic Sauce

KID FRIENDLY

Grab your Meal Kit with this symbol



Carrot



Beetroot



Garlic



Beef Mince



Aussie Spice Blend



Fine Breadcrumbs



Dill & Parsley Mayonnaise



Cucumber



Slaw Mix



Garlic Sauce



Pork Mince

Prep in: 20-30 mins
Ready in: 30-40 mins

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.

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

Pantry items

Olive Oil, Egg, White Wine Vinegar

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

	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.

We're here to help!

Scan here if you have any questions or concerns



1



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 to coat.
- Bake until tender, **20-25 minutes**.

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

4



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!

2



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.

5



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!

3



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.

6



Serve up

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

Rate your recipe

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Let our Culinary team know what you thought: hellofresh.com.au/rate