

Aussie-Spiced Beef Rissoles & Fries

with Beetroot Relish & Salad

Grab your Meal Kit with this symbol



Potato



Beef Mince



Fine Breadcrumbs



Aussie Spice Blend



Beetroot



BBQ Sauce



Tomato



Carrot



Salad Leaves



Burger Sauce



Recipe Update

The recent wet weather conditions across the East Coast have impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

 Hands-on: **20-30 mins**
Ready in: **35-45 mins**

With hints of paprika, pepper and rosemary, our Aussie spice blend works a treat at jazzing up juicy beef rissoles. Serve with a quick beetroot relish that's the perfect combination of sweet and tangy, plus mandatory fries and a simple salad to cut the richness. Don't forget the burger sauce for dipping!

Pantry items

Olive Oil, Egg, Balsamic Vinegar, Brown Sugar

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
potato	2	4
beef mince	1 small packet	1 medium packet
fine breadcrumbs	1 medium packet	1 large packet
Aussie spice blend	1 sachet	2 sachets
egg*	1	2
beetroot	1	2
balsamic vinegar* (for the beetroot)	1 tbs	2 tbs
brown sugar*	2 tbs	¼ cup
water*	½ cup	¾ cup
BBQ sauce	1 packet (40g)	2 packets (80g)
tomato	1	2
carrot	1	2
balsamic vinegar* (for the salad)	drizzle	drizzle
mixed salad leaves	1 small bag	1 medium bag
burger sauce	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2942kJ (703Cal)	436kJ (104Cal)
Protein (g)	42.2g	6.3g
Fat, total (g)	26.4g	3.9g
- saturated (g)	6.8g	1g
Carbohydrate (g)	68.6g	10.2g
- sugars (g)	34.5g	10.2g
Sodium (mg)	1189mg	176mg

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

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



Prep the rissoles

While the fries are baking, combine the **beef mince**, **fine breadcrumbs**, **Aussie spice blend**, **egg** and a good pinch of **salt** and **pepper** in a medium bowl. Using damp hands, form heaped spoonfuls of the **mixture** into meatballs then flatten to make 2cm-thick rissoles and transfer to a plate. You should get 3-4 rissoles per person.



Make the beetroot relish

Grate the **beetroot**. In a large frying pan, heat a good drizzle of **olive oil** over a medium-high heat. Cook the **beetroot**, **balsamic vinegar (for the beetroot)** and **brown sugar**, stirring, until softened, **2-3 minutes**. Add the **water** and cook, stirring occasionally, until reduced, **5-6 minutes**. Season to taste. Transfer to a bowl.



Cook the rissoles

Wipe out the frying pan and return to a medium-high heat with a drizzle of **olive oil**. Cook the **rissoles**, in batches, until browned and cooked through, **3-4 minutes** each side. In the **last minute** of cook time, add the **BBQ sauce**, turning the **rissoles** to coat.



Prep the salad

While the rissoles are cooking, roughly chop the **tomato**. Grate the **carrot**. In a medium bowl, combine a drizzle of **balsamic vinegar (for the salad)** and **olive oil**. Season, then add the **salad leaves**, **tomato** and **carrot**. Toss to coat.



Serve up

Divide the Aussie-spiced beef rissoles, fries and garden salad between plates. Top the rissoles with beetroot relish. Serve with the **burger sauce**.

Enjoy!

Rate your recipe

Scan here to rate this recipe!

