

BBQ Chicken Rissoles & Caramelised Onions

with Veggie Fries, Apple Salad & Almonds

NEW

Grab your Meal Kit with this symbol



Beetroot



Carrot



Brown Onion



Fine Breadcrumbs



All-American Spice Blend



Apple



Mixed Salad Leaves



Slivered Almonds




Chicken Mince



BBQ Mayo

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

 Carb Smart

 Eat Me Early

These juicy chicken rissoles are laced with our smokey All-American spice blend and topped with a sprinkling of slivered almonds. For the carb conscious we've ditched the spuds and teamed these chicken delights with a colourful serve of veggie fries and sweet apple salad.

Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar, 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
beetroot	1	2
carrot	1	2
brown onion	½	1
balsamic vinegar* (for the onion)	1 tbs	2 tbs
brown sugar*	1 tsp	2 tsp
chicken mince	1 medium packet	1 large packet
fine breadcrumbs	1 medium packet	1 large packet
All-American spice blend	1 medium sachet	1 large packet
egg*	1	2
apple	½	1
balsamic vinegar* (for the salad)	drizzle	drizzle
mixed salad leaves	1 small bag	1 medium bag
slivered almonds	1 medium packet	1 large packet
BBQ mayo	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2240kJ (535Cal)	483kJ (115Cal)
Protein (g)	40.2g	8.7g
Fat, total (g)	23.8g	5.1g
- saturated (g)	2.8g	0.6g
Carbohydrate (g)	37.6g	8.1g
- sugars (g)	26.6g	5.7g
Sodium (mg)	1003mg	216mg
Dietary Fibre (g)	13.1g	2.8g

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 veggie fries

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

TIP: Beetroot retains a lot of its firmness when cooked. You can tell it's cooked when you can easily pierce it with a fork.



Cook the rissoles

- Wipe out frying pan and return to medium-high heat, with a drizzle of **olive oil**.
- Cook **rissoles** in batches, until browned and cooked through, **3-4 minutes** each side.
- Transfer to a clean plate.



Caramelize the onion

- While the veggie fries are baking, thinly slice **brown onion** (see ingredients). In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **onion**, stirring regularly, until softened, **5-6 minutes**.
- Reduce heat to medium. Add the **balsamic vinegar (for the onion)**, the **brown sugar** and a splash of **water** and mix well. Cook until dark and sticky, **3-5 minutes**.
- Transfer to bowl and cover to keep warm.



Make the salad

- Meanwhile, thinly slice **apple** (see ingredients) into wedges.
- In a medium bowl, combine a drizzle of **balsamic vinegar (for the salad)** and **olive oil**. Season with **salt** and **pepper**.
- Add **apple** and **mixed salad leaves**. Toss to coat.



Make the rissoles

- In a medium bowl, combine **chicken mince**, **fine breadcrumbs**, **All-American spice blend**, the **egg** and a pinch of **salt**.
- Using damp hands, roll heaped spoonfuls of **mixture** into meatballs (3-4 per person), then flatten to make 2cm-thick rissoles.
- Transfer to a plate.



Serve up

- Divide BBQ chicken rissoles, veggie fries and apple salad between plates.
- Spoon caramelised onion over rissoles.
- Sprinkle over **slivered almonds**. Serve with **BBQ mayo**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



2022 | CW43

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