

Beef Rissoles & Cheesy Sweet Potato Fries

with Tomato Relish, Garden Salad & Herby Mayo

Grab your Meal Kit with this symbol



Sweet Potato



Shredded Cheddar Cheese



Brown Onion



Apple



Garlic



Beef Mince



Fine Breadcrumbs



Nan's Special Seasoning



Mixed Salad Leaves



Dill & Parsley Mayonnaise



Tomato Relish

 Hands-on: **30-40 mins**
Ready in: **35-45 mins**

What's a quick and easy way to bring meatballs to life? Add our Nan's special seasoning - our popular spice blend containing paprika, pepper, onion and garlic! Use it for instant flavour, then add cheesy sweet potato fries and herby mayo for a dish that's all kinds of yum.

Unfortunately, this week's pear was in short supply, so we've replaced it with apple. Don't worry, the recipe will be just as delicious!

Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar, Egg, White Wine Vinegar

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
sweet potato	2	4
shredded Cheddar cheese	1 medium packet	1 large packet
brown onion	1	2
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	1 tbs	2 tbs
water*	½ cup	¾ cup
apple	1	2
garlic	2 cloves	4 cloves
beef mince	1 small packet	1 medium packet
fine breadcrumbs	1 medium packet	1 large packet
Nan's special seasoning	1 sachet	2 sachets
egg*	1	2
salt*	¼ tsp	½ tsp
mixed salad leaves	1 bag (30g)	1 bag (60g)
white wine vinegar*	drizzle	drizzle
dill & parsley mayonnaise	1 packet (50g)	1 packet (100g)
tomato relish	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3416kJ (816Cal)	552kJ (132Cal)
Protein (g)	46.1g	7.5g
Fat, total (g)	40g	6.5g
- saturated (g)	13.1g	2.1g
Carbohydrate (g)	64.8g	10.5g
- sugars (g)	36.4g	10.5g
Sodium (mg)	1231mg	199mg

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 sweet potato fries

Preheat the oven to **240°C/220°C fan-forced**. Cut the **sweet potato** into fries. Place the **sweet potato** on the lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Bake on the top rack until tender, **25-30 minutes**. In the last **5 minutes**, scatter the **shredded Cheddar cheese** over the **fries** then bake until melted and golden.



Get prepped

Thinly slice the **apple**. Finely chop the **garlic**.



Make the rissoles

In a large bowl, combine the **beef mince**, **garlic**, **fine breadcrumbs**, **Nan's seasoning**, **egg** and **salt**. Using damp hands, form heaped spoonfuls of the **mixture** into meatballs then flatten to make 2cm-thick rissoles. Transfer to a plate. You should get about 3-4 rissoles per person.



Cook the rissoles

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **rissoles** until browned all over and cooked through, **3-4 minutes** each side.



Toss the salad

While the rissoles are cooking, combine the **mixed salad leaves** and **apple** in a medium bowl. Add a small drizzle of **white wine vinegar**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Toss to combine.



Serve up

Divide the beef rissoles, cheesy sweet potato fries and garden salad between plates. Top the rissoles with the **tomato relish** and serve the **dill & parsley mayonnaise** on the side.

Enjoy!