



Beef Rissoles & Sweet Potato Fries

with Tomato Relish & Dill-Parsley Mayo

CUSTOMER FAVOURITE

KID FRIENDLY

Grab your Meal Kit with this symbol



Sweet Potato



Carrot



Garlic



Panko Breadcrumbs



Nan's Special Seasoning



Mixed Salad Leaves



Beef Mince



Tomato Relish



Dill & Parsley Mayonnaise



Shaved Parmesan Cheese

Prep in: 30-40 mins
Ready in: 35-45 mins

What's an easy way to bring meatballs to life? Lace them with Nan's special seasoning! It has the perfect amount of paprika, pepper, onion and garlic flavours which complement the sweet potato fries and the double dose of condiments.

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

Pantry items

Olive Oil, Egg, Vinegar (White Wine or Balsamic)

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
carrot	1	2
garlic	2 cloves	4 cloves
beef mince	1 small packet	1 medium packet
panko breadcrumbs	1 medium packet	1 large packet
Nan's special seasoning	1 medium sachet	1 large sachet
egg*	1	2
salt*	¼ tsp	½ tsp
vinegar* (white wine or balsamic)	drizzle	drizzle
mixed salad leaves	1 medium bag	2 medium bags
tomato relish	1 medium packet	2 medium packets
dill & parsley mayonnaise	1 medium packet	2 medium packets
shaved Parmesan cheese**	1 packet (26g)	1 packet (52g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3041kJ (727Cal)	545kJ (130Cal)
Protein (g)	40.7g	7.3g
Fat, total (g)	33.9g	6.1g
- saturated (g)	7.7g	1.4g
Carbohydrate (g)	63.1g	11.3g
- sugars (g)	24.3g	4.4g
Sodium (mg)	1149mg	206mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3249kJ (777Cal)	569kJ (136Cal)
Protein (g)	44.9g	7.9g
Fat, total (g)	37.5g	6.6g
- saturated (g)	10.4g	1.8g
Carbohydrate (g)	63.3g	11.1g
- sugars (g)	24.3g	4.3g
Sodium (mg)	1282mg	224mg

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

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1



Bake the fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **sweet potato** into fries.
- Place fries 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.

Custom Recipe: If you've added shaved Parmesan cheese. In the last 5 minutes of cook time, remove tray from oven, sprinkle cheese over the fries and back until golden, 5 minutes.

4



Cook the rissoles

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

2



Get prepped

- Meanwhile, grate **carrot**.
- Finely chop **garlic**.

5



Toss the salad

- Meanwhile, combine a drizzle of **vinegar** and **olive oil** in a medium bowl.
- Season, then add **mixed salad leaves** and **carrot**. Toss to coat.

Little cooks: Help wash and toss the salad veggies!

3



Make the rissoles

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

Little cooks: Join the fun by helping combine the ingredients and shaping the mixture into rissoles! Make sure to wash your hands well afterwards.

6



Serve up

- Divide beef rissoles, sweet potato fries and carrot salad between plates.
- Top rissoles with **tomato relish**.
- Serve with **dill & parsley mayonnaise**. Enjoy!

Little cooks: Add the finishing touch by topping the rissoles with tomato relish! Enjoy!

Rate your recipe

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