

Beef Rissoles & Sweet Potato Mash

with Peppercorn Gravy & Garlicky Veggies

Grab your Meal Kit with this symbol



Sweet Potato



Carrot



Zucchini



Garlic



Black Peppercorns



Chilli Flakes (Optional)



Garlic & Herb Seasoning



Gravy Granules




Flaked Almonds



Beef Mince

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

 Carb Smart

Rissoles are always a crowd-pleaser. Drizzle them with a cheat's peppercorn gravy and they're even harder to refuse! This colourful plate also gets a serve of sweet potato mash, plus garlicky veggies for a dinner filled with delights.

Pantry items

Olive Oil, Butter, Egg, Plain Flour

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

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
butter*	20g	40g
carrot	1	2
zucchini	1	2
garlic	2 cloves	4 cloves
black peppercorns	½ medium sachet	1 medium sachet
chilli flakes (optional)	pinch	pinch
beef mince	1 small packet	1 medium packet
egg*	1	2
plain flour*	1 tbs	2 tbs
garlic & herb seasoning	1 medium sachet	1 large sachet
gravy granules	1 medium sachet	1 large sachet
boiling water*	½ cup	1 cup
flaked almonds	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2388kJ (571Cal)	496kJ (119Cal)
Protein (g)	37.3g	7.7g
Fat, total (g)	28.6g	5.9g
- saturated (g)	12g	2.5g
Carbohydrate (g)	39.7g	8.2g
- sugars (g)	15g	3.1g
Sodium (mg)	861mg	179mg
Dietary Fibre (g)	9.7g	2g

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.



1 Make the sweet potato mash

- Bring a medium saucepan of salted water to the boil. Peel **sweet potato** and cut into bite-sized chunks.
- Cook in the boiling water until easily pierced with a fork, **10-15 minutes**. Drain and return to the pan.
- Add **butter** to **sweet potato** and season generously with **salt**. Mash until smooth. Cover to keep warm.

TIP: Save time and get more fibre by leaving the sweet potato unpeeled!



4 Cook the rissoles

- Boil the kettle.
- Return frying pan 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 paper towel-lined plate.



2 Cook the veggies

- Meanwhile, thinly slice **carrot** and **zucchini** into half-moons. Finely chop **garlic**. Crush **black peppercorns** (see ingredients) with a pestle and mortar, or in their sachet using a rolling pin.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **carrot** and **zucchini**, tossing, until tender, **4-5 minutes**.
- Add 1/2 the **garlic** and cook until fragrant, **1 minute**.
- Season, then add a pinch of **chilli flakes** (if using). Transfer to a bowl and cover to keep warm.

TIP: Add a dash of water to the pan to help speed up the cooking process.

Little cooks: Take the lead and help crush the peppercorns!



5 Make the gravy

- In a small heatproof bowl, combine **gravy granules**, **black peppercorns** and the **boiling water** (1/2 cup for 2 people / 1 cup for 4 people), whisking, until smooth, **1 minute**.



3 Prep the rissoles

- Meanwhile, in a medium bowl, combine **beef mince**, the **egg**, the **plain flour**, **garlic & herb seasoning**, remaining **garlic** and a pinch of **salt**.
- 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.

TIP: If the mixture isn't binding, add a bit more flour!

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 sweet potato mash and garlicky veggies between plates.
- Top mash with rissoles, then pour over gravy. Sprinkle with **flaked almonds** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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