

# Cheeseburger-Style Beef Rissoles

with Sweet Potato Wedges & Caramelised Onion

KID FRIENDLY



Grab your Meal Kit with this symbol



Sweet Potato



Cucumber



Brown Onion



Carrot



Fine Breadcrumbs



All-American Spice Blend



Mixed Salad Leaves



Sesame Seeds



Beef Mince



Dijon Mustard



Shredded Cheddar Cheese



Burger Sauce

Prep in: **25-35 mins**  
Ready in: **40-50 mins**

Prepare for a table full of happy faces when you bring out this crowd-pleasing dish. With sweet potato wedges, gently spiced beef rissoles, melted Cheddar, mustard and burger sauce, it'll taste almost like your favourite cheeseburger, but we have a feeling that it's going all the way to number one. Keep an eye out for our 'Little Cooks' tips to get the kids involved!

### 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 with a lid (or foil)

## Ingredients

|                            | 2 People        | 4 People        |
|----------------------------|-----------------|-----------------|
| <b>olive oil*</b>          | refer to method | refer to method |
| sweet potato               | 2               | 4               |
| cucumber                   | 1               | 2               |
| brown onion                | 1               | 2               |
| carrot                     | ½               | 1               |
| <b>balsamic vinegar*</b>   | 1 tbs           | 2 tbs           |
| <b>brown sugar*</b>        | 1 tsp           | 2 tsp           |
| beef mince                 | 1 small packet  | 1 medium packet |
| <b>egg*</b>                | 1               | 2               |
| fine breadcrumbs           | 1 medium packet | 1 large packet  |
| All-American spice blend   | 1 medium sachet | 1 large sachet  |
| Dijon mustard              | 1 packet        | 2 packets       |
| shredded Cheddar cheese    | 1 medium packet | 1 large packet  |
| <b>white wine vinegar*</b> | drizzle         | drizzle         |
| mixed salad leaves         | 1 small bag     | 1 medium bag    |
| sesame seeds               | ½ medium packet | 1 medium packet |
| burger sauce               | 1 medium packet | 1 large packet  |

\*Pantry Items

## Nutrition

| Avg Qty          | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 3146kJ (752Cal) | 476kJ (114Cal) |
| Protein (g)      | 45.6g           | 6.9g           |
| Fat, total (g)   | 36.5g           | 5.5g           |
| - saturated (g)  | 11.7g           | 1.8g           |
| Carbohydrate (g) | 56.5g           | 8.5g           |
| - sugars (g)     | 29.2g           | 4.4g           |
| Sodium (mg)      | 1083mg          | 164mg          |

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](https://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

2022 | CW48



## Bake the wedges

- Preheat oven to **240°C/220°C fan-forced**. Cut **sweet potato** into wedges.
- 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 wedges between two trays.



## Make the rissoles

- Meanwhile, in a medium bowl, combine **beef mince**, the **egg**, **fine breadcrumbs**, **All-American spice blend**, **Dijon mustard** and a pinch of **salt**.
- Using damp hands, form heaped spoonfuls of **mixture** into meatballs, then flatten to make rissoles (3-4 per person). Set aside on a plate.
- Wipe out frying pan, then 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.
- In the last **1-2 minutes** of cook time, sprinkle **shredded Cheddar cheese** over each **rissole** and cover with a lid (or foil) so the cheese melts.

**Little cooks:** Join the fun by helping combine the ingredients and shaping the mixture into rissoles!



## Get prepped

- Meanwhile, thinly slice **cucumber** and **brown onion**. Grate **carrot** (see ingredients).

**Little cooks:** Don your goggles and have a go at peeling off the onion's outer layer!



## Make the salad

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



## Caramelize the onion

- 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**, **brown sugar** and a splash of **water** and mix well.
- Cook until dark and sticky, **3-5 minutes**. Transfer to a small bowl.



## Serve up

- Divide cheeseburger-style rissoles, sweet potato wedges and salad between plates.
- Top rissoles with caramelised onion and sprinkle over **sesame seeds** (see ingredients).
- Serve with **burger sauce**. Enjoy!

## Rate your recipe

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