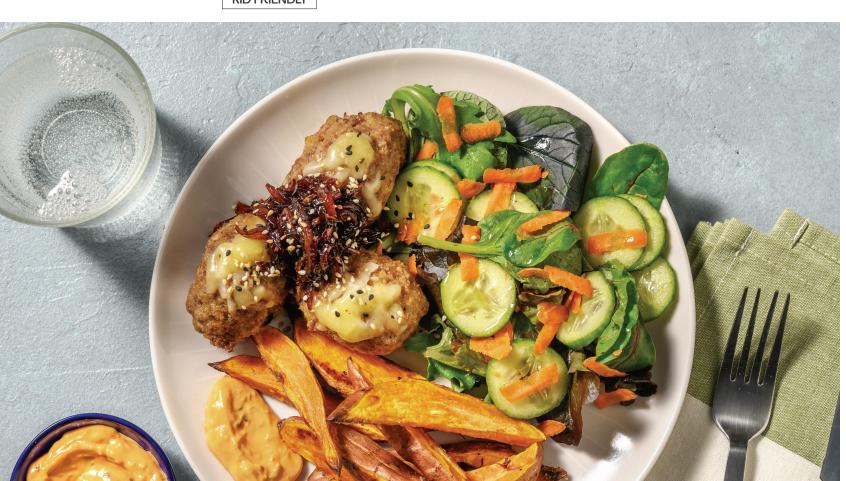
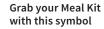


Cheeseburger-Style Beef Rissoles with Sweet Potato Wedges & Caramelised Onion

KID FRIENDLY

















Fine Breadcrumbs



All-American

Spice Blend

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

ingi edients			
	2 People	4 People	
olive oil*	refer to method	refer to method	
sweet potato	2	4	
cucumber	1	2	
brown onion	1	2	
carrot	1/2	1	
balsamic vinegar*	1 tbs	2 tbs	
brown sugar*	1 tsp	2 tsp	
beef mince	1 small packet	1 medium packet	
egg*	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	
white wine vinegar*	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 for allergen and ingredient information. If you have received a substitute

ingredient, please be aware allergens may have changed.





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.



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!



Caramelise 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.



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!



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.



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