



Classic Beef Rissoles & Roast Veggie Toss

with Chilli Yoghurt & Almonds

DIETITIAN APPROVED

KID FRIENDLY

Grab your Meal Kit with this symbol



Carrot



Potato



Garlic



Beef Mince



Nan's Special Seasoning



Fine Breadcrumbs



Greek-Style Yoghurt



Chilli Flakes (Optional)



Baby Spinach Leaves



Flaked Almonds



Chicken Mince

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

Carb Smart

Eat Me Early*
*Custom Recipe only

Laced with our famous Nan's Seasoning, these juicy beef rissoles are sure to be a hit – especially when served over a roast veggie toss and finished with a drizzle of spicy yoghurt and a sprinkling of flaked almonds.

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

Pantry items

Olive Oil, Egg, Honey

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

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
carrot	1	2
potato	2	4
garlic	2 cloves	4 cloves
beef mince	1 small packet	1 medium packet
Nan's special seasoning	1 medium sachet	1 large sachet
fine breadcrumbs	½ packet	1 packet
egg*	1	2
honey*	1 tsp	2 tsp
Greek-style yoghurt	1 medium packet	1 large packet
chilli flakes  (optional)	pinch	pinch
baby spinach leaves	1 medium bag	1 large bag
flaked almonds	1 medium packet	1 large packet
chicken mince**	1 medium packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2142kJ (512Cal)	412kJ (98Cal)
Protein (g)	41g	7.9g
Fat, total (g)	19.9g	3.8g
- saturated (g)	7.6g	1.5g
Carbohydrate (g)	39.9g	7.7g
- sugars (g)	15g	2.9g
Sodium (mg)	667mg	128mg
Dietary Fibre (g)	10.2g	2g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1744kJ (417Cal)	335kJ (80Cal)
Protein (g)	41.3g	7.9g
Fat, total (g)	9.1g	1.8g
- saturated (g)	2.6g	0.5g
Carbohydrate (g)	39.9g	7.7g
- sugars (g)	15g	2.9g
Sodium (mg)	643mg	124mg
Dietary Fibre (g)	10.2g	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.

We're here to help!

Scan here if you have any questions or concerns



Get prepped

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **carrot** and **potato** into chunks.
- Finely chop **garlic**.



Cook the rissoles

- In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat.
- Cook **rissoles** in batches, until browned and cooked through, **3-4 minutes** each side.
- Remove pan from heat. Return all **rissoles** to the pan, then add the **honey**, turning **rissoles** to coat.
- Transfer to a plate and cover to keep warm.

TIP: For best results, drain the oil from the pan before adding the honey.

Custom Recipe: Cook chicken rissoles in batches as above, until browned and cooked through, 3-4 minutes each side. Remove pan from heat and add honey as above.



Roast the veggies

- Place **potato** and **carrot** on a lined oven tray.
- Drizzle with **olive oil**, season with **salt** and toss to coat.
- Bake until tender, **20-25 minutes**.



Prep yoghurt & toss the veg

- Meanwhile, combine **Greek-style yoghurt** and a pinch of **chilli flakes** (if using) in a small bowl. Season to taste.
- When the veggies are done, add **baby spinach leaves** to the veggie tray. Toss to combine. Season to taste.



Make the rissoles

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

Custom Recipe: If you've swapped to chicken mince, combine chicken mince with ingredients as above. Set aside for 5 minutes (letting the mixture rest helps the rissoles hold their shape while cooking). Using damp hands, roll heaped spoonfuls of chicken mixture into small meatballs (4-5 per person), then flatten to make 2cm-thick rissoles. Transfer to a plate.



Serve up

- Divide roast veggie toss and beef rissoles between bowls.
- Drizzle with **chilli** yoghurt and garnish with **flaked almonds** to serve. Enjoy!

Rate your recipe

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