



Onion Chutney Glazed Beef Rissoles

with Spiced Veggie Toss & Garlic Sauce

NEW

KID FRIENDLY



Grab your Meal Kit with this symbol



Carrot



Zucchini



Beetroot



Aussie Spice Blend



Nan's Special Seasoning



Fine Breadcrumbs



Baby Spinach Leaves



Beef Mince

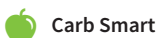


Caramelised Onion Chutney



Garlic Sauce

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



Enjoy this guilt-free, yet tasty rissole dish for a carb-conscious delight. Whip up this super easy with spiced veggie toss that even the kids can lend a hand with. Oh and don't forget the dollop of garlic sauce!

Pantry items

Olive Oil, 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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
zucchini	1	2
beetroot	1	2
Aussie spice blend	1 medium sachet	1 large sachet
beef mince	1 small packet	1 medium packet
Nan's special seasoning	1 medium sachet	1 large sachet
fine breadcrumbs	1 medium packet	1 large packet
egg*	1	2
caramelised onion chutney	1 packet (40g)	2 packets (80g)
baby spinach leaves	1 medium bag	1 large bag
white wine vinegar*	drizzle	drizzle
garlic sauce	1 medium packet	2 medium packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2187kJ (523Cal)	447kJ (107Cal)
Protein (g)	38.6g	7.9g
Fat, total (g)	23.7g	4.8g
- saturated (g)	7g	1.4g
Carbohydrate (g)	37.7g	7.7g
- sugars (g)	23.9g	4.9g
Sodium (mg)	1379mg	282mg
Dietary Fibre (g)	10.6g	2.2g

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.



Get prepped

- Preheat the oven to **240°C/220°C fan-forced**. Cut **carrot** and **zucchini** into bite-size chunks.
- Cut **beetroot** into small chunks.



Roast the veggies

- Place **veggies** and **Aussie spice blend** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Roast until tender, **20-25 minutes**.



Prep the rissoles

- In a medium bowl, combine **beef mince**, **Nan's special seasoning**, **fine breadcrumbs**, the **egg** and a pinch of **salt** and **pepper**.
- Using damp hands, roll heaped spoonful's of **mixture** into small meatballs, then flatten to make 2cm-thick rissoles. Transfer to a plate. You should get 3-4 rissoles per person.

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



Cook the rissoles

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Add the **rissoles** in batches and cook, until browned and cooked through, **3-4 minutes** each side.
- Remove pan from the heat, add **caramelised onion chutney** and a splash of **water** and turn rissoles to coat.



Bring it all together

- When the veggies are done, add **baby spinach leaves** and a drizzle of **white wine vinegar** to the oven tray and toss to combine.



Serve up

- Divide the glazed beef rissoles and spiced veggie toss between plates. Serve with **garlic sauce**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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