

# Beef Rissoles & Mixed Potato Mash

with Mustard Gravy & Garlicky Veggies

Grab your Meal Kit with this symbol



Potato



Sweet Potato



Broccoli



Capsicum



Garlic



Beef Mince



Fine Breadcrumbs



Garlic & Herb Seasoning



Gravy Granules



Dijon Mustard




Flaked Almonds



Pork 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 mustard gravy and they're even harder to refuse! This colourful plate also gets a mixed potato mash-up, plus garlicky veggies for a dinner filled with delights.

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

### Pantry items

Olive Oil, Butter, Egg

## 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

Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	1	2
sweet potato	1	2
<b>butter*</b>	20g	40g
broccoli	½ head	1 head
capsicum	1	2
garlic	2 cloves	4 cloves
beef mince	1 small packet	1 medium packet
<b>egg*</b>	1	2
fine breadcrumbs	½ medium sachet	1 medium sachet
garlic & herb seasoning	1 medium sachet	1 large sachet
gravy granules	1 medium sachet	1 large sachet
Dijon mustard	1 packet	2 packets
<b>boiling water*</b>	½ cup	1 cup
flaked almonds	1 medium packet	1 large packet
pork mince**	1 small packet	1 medium packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2533kJ (605Cal)	464kJ (111Cal)
Protein (g)	43.1g	7.9g
Fat, total (g)	29.8g	5.5g
- saturated (g)	12.3g	2.3g
Carbohydrate (g)	39.9g	7.3g
- sugars (g)	14.4g	2.6g
Sodium (mg)	1093mg	200mg
Dietary Fibre (g)	11.5g	2.1g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2507kJ (599Cal)	459kJ (110Cal)
Protein (g)	39.6g	7.3g
Fat, total (g)	30.8g	5.6g
- saturated (g)	11.8g	2.2g
Carbohydrate (g)	39.9g	7.3g
- sugars (g)	14.4g	2.6g
Sodium (mg)	1091mg	200mg
Dietary Fibre (g)	11.5g	2.1g

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



1



## Make the mixed potato mash

- Bring a medium saucepan of salted water to the boil. Peel **potato** and **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 **mixed potatoes** and season generously with **salt**. Mash until smooth. Cover to keep warm.

**TIP:** Save time and get more fibre by leaving the 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.

**Custom Recipe:** Cook pork rissoles in the same way as the beef rissoles. Transfer to a paper towel-lined plate.

2



## Cook the veggies

- Meanwhile, chop **broccoli**, including stalk (**see ingredients**) into small florets. Roughly chop **capsicum**. Finely chop **garlic**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **broccoli** and **capsicum**, tossing, until tender, **6-8 minutes**.
- Add **garlic** and cook until fragrant, **1 minute**.
- Season, then 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.

5



## Make the gravy

- In a second medium bowl, combine **gravy granules**, **Dijon mustard** and the **boiling water** (½ 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**, **fine breadcrumbs** (**see ingredients**), **garlic & herb seasoning** 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.

**Custom Recipe:** If you've swapped to pork mince, prepare the pork mince in the same way as the beef mince.

6



## Serve up

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

## Rate your recipe

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