

Teriyaki-Glazed Beef Rissoles

with Sesame Potatoes & Asian Salad



Potato



Mixed Sesame Seeds



Apple



Carrot



Spring Onion



Mayonnaise



Beef Mince



Fine Breadcrumbs



Teriyaki Sauce



Mixed Salad Leaves



Japanese Dressing

 Hands-on: 30-40 mins
Ready in: 35-45 mins

These rissoles are like nothing you've had before! The teriyaki glaze gives these morsels of deliciousness an amazing flavour while the potatoes get a hit of sesame. Just add a refreshing, simple salad to tie the meal together.

Pantry items

Olive Oil, Soy Sauce, Egg

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
potato	2	4
mixed sesame seeds	1 medium packet	1 large packet
apple	1	2
carrot	½	1
spring onion	1 stem	2 stems
mayonnaise	1 packet (40g)	2 packets (80g)
soy sauce*	1 tsp	2 tsp
beef mince	1 small packet	1 medium packet
egg*	1	2
fine breadcrumbs	1 medium packet	1 large packet
salt*	¼ tsp	½ tsp
teriyaki sauce	½ packet	1 packet
water*	1½ tbs	3 tbs
mixed salad leaves	1 medium bag	1 large bag
Japanese dressing	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3104kJ (742Cal)	510kJ (122Cal)
Protein (g)	42.1g	6.9g
Fat, total (g)	39.7g	6.5g
- saturated (g)	8g	1.3g
Carbohydrate (g)	50.3g	8.3g
- sugars (g)	15.6g	8.3g
Sodium (mg)	1451mg	238mg

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.



Roast the sesame potatoes

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** into bite-sized chunks. Place on a lined oven tray. Drizzle with **olive oil**, sprinkle over the **mixed sesame seeds** and season with **salt**. Toss to coat. Roast until tender, **20-25 minutes**.



Get prepped

While the potato is roasting, thinly slice the **apple**. Grate the **carrot** (see ingredients). Thinly slice the **spring onion**. In a small bowl, combine the **mayonnaise** and **soy sauce**.



Make the rissoles

In a medium bowl, combine the **beef mince**, **egg**, **spring onion**, **fine breadcrumbs** and the **salt**. Using damp hands, form heaped spoonfuls of the mixture into meatballs then flatten to make 2cm-thick rissoles. Transfer to a plate. You should get 3-4 rissoles per person.



Cook the rissoles

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **rissoles** until browned and cooked through, **3-4 minutes** each side. Remove from the heat, then add the **teriyaki sauce** (see ingredients) and the **water**, turning the **rissoles** to coat.



Dress the salad

In a large bowl, combine the **mixed salad leaves**, **apple** and **carrot**. Add the **Japanese dressing**. Toss to coat. Season to taste.



Serve up

Divide the teriyaki-glazed beef rissoles, sesame potatoes and Asian salad between plates. Spoon over any remaining teriyaki glaze from the pan. Serve with the soy mayo.

Enjoy!

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