



Everything  
But The Chef

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## Beef Rissoles with Cheesy Broccoli

Little hands make light work of shaping these beef rissoles, which are finished with Roza's homemade tomato chutney (see ya later ketchup!). With the kids occupied and the rissoles coming together, you can get started on the cheesy broccoli – if there's a more delicious way to sneak in green veggies, we've yet to find it! The Dijon mustard is entirely optional, but we find it adds a depth of flavour that is downright lip-smacking.

 **Prep:** 5 mins  
 **Cook:** 30 mins  
**Total:** 35 mins  level 1

 *helping hands*

### Pantry Items

 Butter  Plain Flour  
 Milk  Dijon Mustard



Broccoli



Cheddar Cheese



Beef Rissole Mince



Tomato Chutney

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## Ingredients

⊕ May feature in another recipe

1 head	broccoli, cut into florets & stalk chopped into pieces	A
1 tbs	butter *	
2 tbs	plain flour *	
1 cup	milk *	
2 tsp	Dijon mustard (optional) *	
1 block	Cheddar cheese, grated	
600 g	beef rissole mince	
1 tub	tomato chutney	

\* Pantry Items

Servings per recipe: 4

### Nutrition per serve

Energy	2680	Kj
Protein	43.6	g
Fat, total	41.6	g
-saturated	18.5	g
Carbohydrate	20	g
-sugars	14.3	g
Sodium	1030	mg



**You will need:** *chef's knife, chopping board, box grater, medium bowl, rubber gloves, plastic wrap, medium saucepan, medium frying pan, and a spatula.*

**1** Preheat the oven to **200°C/180°C fan forced**.

**2** Place 2 cm of water in a medium saucepan and bring to a boil over a high heat. Add the **broccoli** to the saucepan and cover. Reduce the heat to medium and cook for **4 minutes** or until just soft when pierced. Drain really well, and place the florets into a lightly greased medium sized baking dish. Set aside.

**3** To make the **bechamel sauce**, melt the **butter** in the same saucepan over a medium heat. Add the **plain flour** and cook, stirring, with a wooden spoon for **1-2 minutes**, or until a paste forms. While continuously stirring, gradually pour in the **milk**. Bring mixture to the boil and then reduce the heat to medium and simmer, stirring, for **4-5 minutes** or until the mixture thickens and there are no lumps. Add the **Dijon mustard** and half of the **Cheddar cheese** and stir until the cheese melts. Season with **salt** and **pepper**. Pour the cheese sauce over the broccoli. Sprinkle with the remaining cheese. Cook in the oven for **10-15 minutes** or until the cheese is golden and melted.

**4** Meanwhile, using your hands, shape the **beef rissole mince** into 10 rissoles. Heat a large frying pan over a medium-high heat. Place the rissoles into the pan and flatten with a spatula. Cook in two batches for **4-5 minutes** each side or until cooked through.

**5** To serve, plate the rissoles alongside a generous scoop of the cheesy broccoli. Dollop with the **tomato chutney**. Enjoy!

**Did you know?** Broccoli has been enjoyed in Italy since the Roman Empire!

