



Asian Beef Rissoles & Sesame Pumpkin Wedges

with Garlicky Greens & Soy Mayo

Grab your Meal Kit with this symbol



Peeled Pumpkin Wedges



Mixed Sesame Seeds



Green Beans



Asian Greens



Garlic



Mayonnaise



Beef Mince



Panko Breadcrumbs



Thai Seven Spice Blend

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

Carb Smart

These rissoles are like nothing you've had before! The Thai spices give these morsels of deliciousness an amazing flavour while the soft, buttery pumpkin wedges get a hit of sesame. Just add some sautéed garlicky greens and a lip-smacking soy mayo for the perfect finishing touch to a low-carb meal.

Pantry items

Olive Oil, Soy Sauce, Egg, Sesame Oil

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
peeled pumpkin wedges	1 bag (400g)	1 bag (800g)
mixed sesame seeds	1 sachet	1 sachet
green beans	1 bag (100g)	1 bag (200g)
Asian greens	1 packet	1 packet
garlic	3 cloves	6 cloves
mayonnaise	1 packet (40g)	1 packet (100g)
soy sauce*	½ tsp	1 tsp
beef mince	1 packet	1 packet
panko breadcrumbs	½ packet	1 packet
Thai seven spice blend	1 sachet	1 sachet
egg*	1	2
salt*	¼ tsp	½ tsp
sesame oil*	1 tsp	2 tsp

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2709kJ (647Cal)	516kJ (123Cal)
Protein (g)	39.3g	7.5g
Fat, total (g)	35g	6.7g
- saturated (g)	12.9g	2.5g
Carbohydrate (g)	26.6g	5.1g
- sugars (g)	11.5g	2.2g
Sodium (mg)	953mg	181mg
Dietary Fibre (g)	4g	0.7g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Roast the pumpkin wedges

Preheat the oven to **240°/220°C fan-forced**. Place the **peeled pumpkin wedges** on a lined oven tray. Season with **salt**, sprinkle with the **mixed sesame seeds** and drizzle with **olive oil**. Toss to coat, spread out evenly, then roast until tender, **20-25 minutes**.



Get prepped

While the pumpkin is roasting, trim the **green beans**. Roughly chop the **Asian greens**. Finely chop the **garlic**. In a small bowl, combine the **mayonnaise** and **soy sauce**. Set aside.



Make the rissoles

In a medium bowl, combine the **beef mince**, **panko breadcrumbs** (see ingredients), **Thai seven spice blend**, the **egg**, **salt** and 1/2 the **garlic**. Using damp hands, roll heaped spoonfuls of the **beef mixture** into meatballs, then flatten to make 2cm-thick rissoles. Transfer to a plate. You should get 3-4 rissoles per person.



Cook the greens

Heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. Cook the **green beans** until tender, **4-5 minutes**. Add the **Asian greens** and remaining **garlic** and cook until wilted and fragrant, **1-2 minutes**. Transfer the **greens** to a bowl, then add the **sesame oil** and toss to coat.



Cook the rissoles

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **rissoles** in batches until browned and cooked through, **3-4 minutes** each side.



Serve up

Divide the Asian beef rissoles, sesame pumpkin wedges and garlicky greens between bowls. Serve with the soy mayo.

Enjoy!