



Aussie Beef Rissoles & Rainbow Veggie Fries

with Creamy Slaw & Garlic-Herb Dressing

Grab your Meal Kit with this symbol



Carrot



Zucchini



Beetroot



Garlic



Beef Mince



Aussie Spice Blend



Fine Breadcrumbs



Garlic Sauce



Dill & Parsley Mayonnaise



Slaw Mix



Parsley

Hands-on: 20-30 mins
Ready in: 30-40 mins

Carb Smart

Rissoles are a crowd-pleasing dinner winner, but when you cover them with herby dressing, they're even harder to refuse! This colourful plate also gets a serve of veggie fries and a creamy salad for a low-carb rainbow of delights.

Pantry items

Olive Oil, 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 |
| carrot | 1 | 2 |
| zucchini | 1 | 2 |
| beetroot | 1 | 2 |
| garlic | 2 cloves | 4 cloves |
| beef mince | 1 small packet | 1 medium packet |
| Aussie spice blend | 1 sachet | 2 sachets |
| fine breadcrumbs | ½ packet | 1 packet |
| egg* | 1 | 2 |
| garlic sauce | 1 medium packet | 1 large packet |
| dill & parsley mayonnaise | 1 packet (50g) | 1 packet (100g) |
| slaw mix | 1 bag (150g) | 1 bag (300g) |
| parsley | 1 bag | 1 bag |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 2687kJ (642Cal) | 450kJ (107Cal) |
| Protein (g) | 36.3g | 6.1g |
| Fat, total (g) | 41.2g | 6.9g |
| - saturated (g) | 7.8g | 1.3g |
| Carbohydrate (g) | 28.9g | 4.8g |
| - sugars (g) | 22g | 3.7g |
| Sodium (mg) | 911mg | 153mg |
| Dietary Fibre | 11.6g | 1.9g |

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.



Bake the veggies fries

Preheat the oven to **240°C/220°C fan-forced**. Cut the **carrot, zucchini** and **beetroot** into fries. Place the fries on a lined oven tray, drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat and bake until tender, **20-25 minutes**.



Make the garlic-herb dressing

While the rissoles are cooking, combine the **garlic sauce, dill & parsley mayonnaise** and a splash of **water** in a small bowl.



Make the rissoles

While the fries are baking, finely chop the **garlic**. In a large bowl, combine the **beef mince, Aussie spice blend, fine breadcrumbs** (see ingredients), **egg** and **garlic**. Season. Using damp hands, form heaped spoonfuls of the mixture into meatballs then flatten to make 2cm thick rissoles and set aside on a plate. You should get about 4-5 rissoles per person.



Toss the slaw

In a medium bowl, combine the **slaw mix** and 1/2 the **creamy garlic-herb dressing**. Toss to combine and season to taste.



Cook the rissoles

Heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook the **rissoles** until browned all over and cooked through, **3-4 minutes** each side.



Serve up

Roughly chop the **parsley**. Divide the rainbow veggie fries, Aussie beef rissoles and creamy slaw between plates. Spoon the remaining garlic-herb dressing over the rissoles or serve on the side. Garnish with parsley.

Enjoy!