



BEEF & PARMESAN RISSOLES

with Potato Fries & Apple-Carrot Salad



Flavour rissoles
with Parmesan



Potato



Parmesan Cheese



Beef Mince



Caramelised Onion
Chutney



Fine Breadcrumbs



Cucumber



Apple



Carrot



Mixed Salad
Leaves



Garlic Aioli

Hands-on: **35 mins**
Ready in: **40 mins**

Everyone loves a rissole, but it's easy to get in to the habit of making the same ones again and again. This tender version uses Parmesan and sweet onion chutney to add flavour to every bite, with a greens and apple salad on the side for a fresh twist.

Pantry Staples: Olive Oil, Egg, Balsamic
Vinegar, Honey

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **two oven trays** lined with **baking paper**
- **large frying pan**



1 BAKE THE FRIES

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potatoes** (unpeeled) into 1cm fries. Divide between two oven trays lined with baking paper, **drizzle** with **olive oil** and season with a **pinch** of **salt** and **pepper**. Toss to coat then bake for **25-30 minutes** or until tender. **TIP:** Cut the potatoes to the correct size so they cook in the allocated time.



2 MAKE THE RISSOLES

While the fries are baking, grate the **Parmesan cheese**. Combine the Parmesan cheese, **beef mince**, the **salt**, **caramelised onion chutney**, **egg** and **fine breadcrumbs** in a medium bowl. Using damp hands, form heaped spoonfuls of the mixture into meatballs then flatten to make 2cm thick rissoles and set aside. You should get about 20 rissoles.



3 COOK THE RISSOLES

When the fries have **15 minutes** cook time remaining, heat a **drizzle** of **olive oil** in a large frying pan over a medium-high heat. When the oil is hot, add **1/2** the rissoles and cook for **3-4 minutes** on each side, or until browned all over and cooked through. Transfer to a plate and wipe out the pan well. Repeat with the remaining rissoles. **TIP:** Wiping out the pan helps prevent burnt bits.



4 PREP THE VEGGIES

While the rissoles are cooking, slice the **cucumber** into half-moons. Thinly slice the **apple**. Grate the **carrot** (unpeeled).



5 TOSS THE SALAD

In a large bowl, combine **1 1/2 tbs olive oil** with the **balsamic vinegar** and **honey**. Season with a **pinch** of **salt** and **pepper**. Add the **mixed salad leaves**, **cucumber**, **carrot** and **apple** and toss to coat just before serving.



6 SERVE UP

Divide the beef and Parmesan rissoles, fries and salad between plates. Serve with **garlic aioli**.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
potato	4
Parmesan cheese	1 block (50 g)
beef mince	1 packet
salt*	¾ tsp
caramelised onion chutney	2 tubs (80 g)
egg*	1
fine breadcrumbs	1 packet
cucumber	1
apple	1
carrot	1
balsamic vinegar*	2 tsp
honey*	½ tsp
mixed salad leaves	1 bag (60 g)
garlic aioli	1 tub (100 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2860kJ (682Cal)	487kJ (116Cal)
Protein (g)	45.4g	7.8g
Fat, total (g)	34.7g	5.9g
- saturated (g)	9.5g	1.6g
Carbohydrate (g)	43.9g	7.5g
- sugars (g)	13.0g	2.2g
Sodium (g)	848mg	145mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589
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