



Beef Rissoles & Beetroot Relish

with Cheesy Fries, Pear Salad & BBQ Mayo

Grab your Meal Kit with this symbol



Potato



Shredded Cheddar Cheese



Brown Onion



Beetroot



Pear



Garlic



Beef Mince



Fine Breadcrumbs



Garlic & Herb Seasoning



Mixed Salad Leaves



BBQ Mayo

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

Rissoles are a crowd-pleasing winner, but when you cover them with sweet beetroot relish and smokey BBQ mayo, they're even harder to refuse! This colourful plate also gets a serve of cheesy fries and a fresh pear salad for a dinner filled with delights.

Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar, Egg, White Wine Vinegar

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
shredded Cheddar cheese (50g)	1 packet	1 packet (100g)
brown onion	1 (medium)	1 (large)
beetroot	½	1
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	1 tbs	2 tbs
water*	⅓ cup	⅔ cup
pear	1	2
garlic	2 cloves	4 cloves
beef mince	1 packet	1 packet
fine breadcrumbs	1 packet	1 packet
garlic & herb seasoning	1 sachet	1 sachet
egg*	1	2
salt*	¼ tsp	½ tsp
mixed salad leaves (30g)	1 bag	1 bag (60g)
white wine vinegar*	drizzle	drizzle
BBQ mayo	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3724kJ (890Cal)	617kJ (147Cal)
Protein (g)	47.4g	7.8g
Fat, total (g)	41.9g	6.9g
- saturated (g)	17.7g	2.9g
Carbohydrate (g)	64.2g	10.6g
- sugars (g)	20.2g	3.3g
Sodium (mg)	1196mg	198mg

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.



Bake the fries

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** into fries and place on a lined oven tray. Drizzle with **olive oil**, season with **salt**, then toss to coat. Bake until tender, **20-25 minutes**. In the last **5 minutes** of cook time, sprinkle the **shredded Cheddar cheese** over the fries, then bake until melted and golden.



Cook the rissoles

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



Make the beetroot relish

While the fries are baking, thinly slice the **brown onion**. Grate the **beetroot** (see ingredients). In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **onion** until softened, **3-4 minutes**. Add the **beetroot, balsamic vinegar** and **brown sugar** and cook until softened, **2-3 minutes**. Add the **water** and cook, stirring occasionally, until reduced, **5-6 minutes**. Season with **salt** and **pepper**, then transfer to a bowl.



Toss the salad

In a medium bowl, combine the **mixed salad leaves, pear** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste.



Get prepped

While the beetroot relish is cooking, thinly slice the **pear**. Finely chop the **garlic**. In a large bowl, combine the **beef mince, garlic, fine breadcrumbs, garlic & herb seasoning, egg** and the **salt**. Using damp hands, roll heaped spoonfuls of the **beef mixture** into meatballs, flatten to make 2cm-thick rissoles and transfer to a plate. You should get 3-4 rissoles per person.



Serve up

Divide the beef rissoles, cheesy fries and pear salad between plates. Top the rissoles with the beetroot relish. Serve with the **BBQ mayo**.

TIP: Refrigerate any leftover beetroot relish in an airtight container for up to a week!

Enjoy!