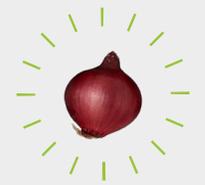




# BEEF RISSOLES & SWEET POTATO FRIES

with Caramelised Onions



Master  
caramelised onions



Sweet Potato



Garlic



Red Onion



Avocado



Cucumber



Tomato



Beef Mince



Lemon Oregano  
Spice Blend



Fine Breadcrumbs



Shredded Cheddar  
Cheese



Cos Lettuce Mix



Garlic Aioli

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

Rissoles are a crowd-pleasing dinner winner, but when you cover them with cheese and sweet caramelised onions, they're even harder to refuse! This colourful plate also gets a serve of sweet potato fries and a family-friendly salad for a rainbow of delights.

**Pantry Staples:** Olive Oil, Eggs, Soy Sauce, Brown Sugar, 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** • **two large frying pans**



### 1 BAKE THE SWEET POTATO FRIES

Preheat the oven to **240°C/220°C fan-forced**. Cut the **sweet potato** (unpeeled) into 1cm fries. Divide the sweet potato between two oven trays lined with baking paper. **Drizzle** with **olive oil** and season with a **generous pinch** of **salt** and **pepper**. Toss to coat and arrange in a single layer. Bake for **25-30 minutes**, or until tender. **TIP:** *Cut the sweet potato to the correct size so it cooks in the allocated time!*



### 4 COOK THE RISSOLES

While the onions are caramelising, heat a separate large frying pan over a medium-high heat with a **drizzle** of **olive oil**. Add the **rissoles** and cook for **4-5 minutes** on each side, or until just cooked through. In the last **2-3 minutes** of cook time, sprinkle the **shredded Cheddar cheese** over the rissoles and cover with a lid or foil until melted.

**TIP:** *If your pan is getting crowded, cook the rissoles in batches for the best results!*



### 2 GET PREPPED

While the sweet potato is baking, finely chop the **garlic** (or use a garlic press). Thinly slice the **red onion**. Dice the **avocado** into 1cm cubes. Roughly chop the **tomato**. Chop the **cucumber** into 1cm chunks. In a large bowl, combine the garlic, **beef mince**, **lemon oregano spice blend**, **fine breadcrumbs**, **egg**, **soy sauce** and **salt**. Using damp hands, shape the mixture into 2cm-thick rissoles and set aside on a plate (the mixture should make about 10 rissoles.)



### 5 MAKE THE SALAD

While the rissoles are cooking, combine the **honey**, **2 tbs olive oil** and **1 tbs balsamic vinegar** in a medium bowl. Season with **salt** and **pepper** and mix well. Add the **cos lettuce mix**, **avocado**, **tomato** and **cucumber** and toss to coat.



### 3 CAMELISE THE ONION

In a large frying pan, heat a **drizzle** of **olive oil** over a medium heat. Add the **onion** and cook, stirring, for **5-6 minutes**, or until softened. Add the **water**, **brown sugar** and **2 tbs balsamic vinegar** and mix well. Reduce the heat to low and cook, stirring occasionally, for a further **5-10 minutes** or until dark and sticky.



### 6 SERVE UP

Divide the salad, sweet potato fries and rissoles between plates. Top with the caramelised onions and serve with the **garlic aioli**.

**TIP:** *For kids, follow our serving suggestion in the main photo!*

## ENJOY!

## 4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
sweet potato	4
garlic	2 cloves
red onion	2
avocado	1
tomato	1
cucumber	1
beef mince	1 packet
lemon oregano spice blend	1 sachet
fine breadcrumbs	1 packet
eggs*	2
soy sauce*	2 tbs
salt*	½ tsp
water*	1 tbs
brown sugar*	3 tsp
balsamic vinegar*	3 tbs
shredded Cheddar cheese	1 packet (50 g)
honey*	1 tsp
cos lettuce mix	1 bag (120 g)
garlic aioli	1 tub (100 g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3200kJ (765Cal)	479kJ (114Cal)
Protein (g)	46.1g	6.9g
Fat, total (g)	40.1g	6.0g
- saturated (g)	11.1g	1.7g
Carbohydrate (g)	51.3g	7.7g
- sugars (g)	27.0g	4.0g
Sodium (g)	1080mg	161mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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