

Dinner - Beef & Rosemary Rissoles with Potato Chunks
 Lunch - Beef Rissoles & Roast Veggie Couscous

Grab your Meal Kit with this symbol



Potato



Carrot



Capsicum



Tomato



Cucumber



Mixed Salad Leaves



Lemon



Garlic Aioli



Rosemary



Couscous



Beef Mince



Garlic & Herb Seasoning



Fine Breadcrumbs



Greek Salad Cheese/
Feta Cheese

For your lunch



Baby Spinach Leaves



Parsley



Dill & Parsley Mayonnaise

DINNER
 Hands-on: 35-45 mins
 Ready in: 45-55 mins

LUNCH
 Ready in: 10 mins

Cook once, with a twist for lunch. Cook an amazing dinner as usual, then put a new spin on the recipe to create something different for lunch the next day. This week, enjoy beef rissoles like you've never had them before, then team them with a veggie-packed couscous meal for lunch. Extra delicious!

Pantry items

Olive Oil, Egg

Before you start

You'll need to give your fruit and veggies a wash.

You will need

Two oven trays lined with baking paper ·
Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
carrot	1	1
capsicum	1	1
tomato	1	2
cucumber	1 (medium)	1 (large)
mixed salad leaves	1 bag (60g)	1 bag (120g)
lemon	1	1
garlic aioli	1 packet (50g)	1 packet (100g)
rosemary	2 sticks	4 sticks
water*	¾ cup	¾ cup
couscous	1 packet	1 packet
beef mince	1 medium packet	1 small packet & 1 medium packet
garlic & herb seasoning	1 sachet	3 sachets
fine breadcrumbs	2 packets	3 packets
egg*	1	2
Greek salad cheese/ feta cheese	½ packet (25g)	1 packet (50g)
baby spinach leaves	1 bag (30g)	1 bag (30g)
parsley	1 bag	1 bag
dill & parsley mayonnaise	2 packets (100g)	2 packets (100g)

*Pantry Items

Nutrition

Dinner

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2530kJ (605Cal)	352kJ (84Cal)
Protein (g)	38.9g	5.4g
Fat, total (g)	27.4g	3.8g
- saturated (g)	7.3g	1.0g
Carbohydrate (g)	47.2g	6.6g
- sugars (g)	13.0g	1.8g
Sodium (g)	1400mg	194mg

Lunch

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3160kJ (754Cal)	832kJ (199Cal)
Protein (g)	37.9g	10.0g
Fat, total (g)	43.0g	11.3g
- saturated (g)	7.0g	1.8g
Carbohydrate (g)	55.5g	14.6g
- sugars (g)	7.8g	2.1g
Sodium (mg)	723mg	190mg

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.

If you have any questions or concerns, please visit hellofresh.co.nz/contact

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Roast the veggies

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** into bite-sized chunks and place on a lined oven tray. Drizzle with **olive oil** and season with **salt**. Toss to coat, then roast until tender, **25 minutes**. Meanwhile, roughly chop the **carrot** and **capsicum**. Place the **carrot** and **capsicum** on a second lined oven tray. Drizzle with **olive oil**, then season with **salt** and **pepper** and toss to coat. Roast until tender, **20 minutes**.



Make the rissoles

In a large bowl, combine the **beef mince**, **rosemary**, **garlic & herb seasoning**, **fine breadcrumbs** and the **egg**, then season. Using damp hands, form heaped spoonfuls of the **beef mixture** into meatballs, then flatten to make 2cm-thick rissoles. Transfer to a plate. You should get 4-5 rissoles per person. In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **rissoles** until browned all over and cooked through, **3-4 minutes** each side.



Get prepped

While the veggies are roasting, thinly slice the **tomato** and 1/2 the **cucumber** into half-moons. In a medium bowl, place the **mixed salad leaves**, **tomato** and sliced **cucumber**. Set aside. Zest the **lemon** to get a pinch, then slice into wedges. Finely chop the remaining **cucumber**. In a small bowl, combine the **garlic aioli** and chopped **cucumber**. Set aside. Pick and finely chop the **rosemary leaves**.



Serve up dinner

Add a squeeze of **lemon juice** and a drizzle of **olive oil** to the **salad**. Season to taste and toss to coat. Scatter the **cheese** and **lemon zest** over the **roasted potatoes**, toss to combine and divide between plates. Set aside two portions of the **beef rissoles** for lunch, then divide the remaining **rissoles** between plates. Spoon over the **cucumber aioli**. Serve with the **garden salad**.



Cook the couscous

In a medium saucepan, add the **water** and bring to the boil. Add the **couscous** and a drizzle of **olive oil**. Stir to combine, cover with a lid and remove from the heat. Set aside until all the water is absorbed, **5 minutes**. Fluff up with a fork and season.



Serve up

When you're ready to pack lunch. Roughly chop the **baby spinach leaves** and **parsley** leaves. Add the roasted **carrot**, **capsicum**, the **baby spinach** and **parsley** to the couscous. Toss to combine and season to taste. Divide the **roast veggie couscous**, reserved **rissoles**, **lemon wedges** and **dill & parsley mayonnaise** packets between two microwave-safe containers. Refrigerate. At lunchtime, remove the **lemon wedges** and **dill-parsley mayonnaise** packets and microwave until piping hot, **2-3 minutes**. Serve with the **mayo** and **lemon wedges**.

Enjoy!