

Cheesy Beef Rissoles & Potato Wedges

with Caramelised Onion & Mixed Salad

Grab your Meal Kit with this symbol



Potato



Cucumber



Onion



Carrot



Sesame Seeds



Beef Mince



Fine Breadcrumbs



Dijon Mustard



Louisiana Spice Blend



Shredded Cheddar Cheese



Mixed Leaves



Burger Sauce



Shredded Cheddar Cheese

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: 25-35 mins
Ready in: 40-50 mins

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

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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 with a lid (or foil)

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
cucumber	1 (medium)	1 (large)
onion	1 (medium)	1 (large)
carrot	½	1
sesame seeds	½ sachet	1 sachet
balsamic vinegar*	1 tbs	2 tbs
water*	½ tbs	1 tbs
brown sugar*	1 tsp	2 tsp
beef mince	1 packet	1 packet
egg*	1	2
fine breadcrumbs	1 packet	1 packet
Dijon mustard	1 packet (15g)	2 packets (30g)
Louisiana spice blend	1 sachet	2 sachets
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
mixed leaves	1 small bag	1 medium bag
white wine vinegar*	drizzle	drizzle
burger sauce	1 medium packet	1 large packet
shredded Cheddar cheese**	1 packet (50g)	1 packet (100g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3470kJ (829Cal)	554kJ (132Cal)
Protein (g)	47.7g	7.6g
Fat, total (g)	42g	6.7g
- saturated (g)	16g	2.6g
Carbohydrate (g)	66.7g	10.6g
- sugars (g)	22.3g	3.6g
Sodium (mg)	1504mg	240mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3917kJ (936Cal)	601kJ (143Cal)
Protein (g)	53.5g	8.2g
Fat, total (g)	51.4g	7.9g
- saturated (g)	21.6g	3.3g
Carbohydrate (g)	66.7g	10.2g
- sugars (g)	22.3g	3.4g
Sodium (mg)	1677mg	257mg

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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Bake the wedges

Preheat oven to **240°C/220°C fan-forced**. Cut **potato** into wedges, then place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Spread out evenly, then bake until tender, **20-25 minutes**.



Cook the rissoles

In a medium bowl, combine **beef mince**, the **egg**, **fine breadcrumbs**, **Dijon mustard**, **Louisiana spice blend** and a pinch of **salt**. Using damp hands, roll heaped spoonfuls of the **beef mixture** into meatballs (3-4 per person), then flatten to make 2cm-thick rissoles. Transfer to a plate. Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **rissoles** in batches until browned and cooked through, **3-4 minutes** each side. In the last **1-2 minutes** of cook time, sprinkle **shredded Cheddar cheese** over each **rissole** and cover with a lid (or foil) so cheese melts.

CUSTOM RECIPE

If you've added extra shredded Cheddar cheese, sprinkle cheese over rissoles to melt.



Get prepped

While the wedges are baking, thinly slice **cucumber** and **onion**. Grate **carrot** (see ingredients). Heat a large frying pan over medium-high heat. Toast **sesame seeds** (see ingredients), tossing, until golden, **3-4 minutes**. Transfer to a bowl.



Make the salad

While the rissoles are cooking, combine **carrot**, **cucumber**, **mixed leaves**, a pinch of **salt** and a drizzle of **olive oil** and **white wine vinegar** in a large bowl.



Caramelize the onion

Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **onion**, stirring, until softened, **5-6 minutes**. Reduce heat to medium, then add the **balsamic vinegar**, **water** and the **brown sugar** and mix well. Cook until dark and sticky, **3-5 minutes**. Transfer to a bowl.



Serve up

Divide cheesy beef rissoles, potato wedges and mixed salad between plates. Top rissoles with caramelised onion and sprinkle over toasted sesame seeds. Serve with **burger sauce**.

Enjoy!