



# Cheesy Beef Rissoles & Roast Veggie Toss

with Caramelised Balsamic & Mustard Onions

Grab your Meal Kit with this symbol



Potato



Beetroot



Yam



Red Onion



Garlic



Wholegrain Mustard



Beef Mince



Fine Breadcrumbs



Grated Parmesan Cheese



Nan's Special Seasoning



Baby Spinach Leaves

**Hands-on:** 25-35 mins  
**Ready in:** 30-40 mins

Rissoles are a crowd-pleasing dinner, but when you make them cheesy and cover them with tangy balsamic-mustard onions, they're even harder to refuse! This colourful plate also gets a serve of roasted veggies for a rainbow of delights.

### Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar, Butter, 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	3	6
beetroot	1	2
yam	1 (medium)	1 (large)
red onion	1 (medium)	1 (large)
garlic	2 cloves	4 cloves
balsamic vinegar*	1 tbs	2 tbs
water*	1 tbs	2 tbs
wholegrain mustard	1 packet (40g)	2 packets (80g)
brown sugar*	1½ tsp	1 tbs
butter*	20g	40g
beef mince	1 packet	1 packet
fine breadcrumbs	1 packet	2 packets
egg*	1	2
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
Nan's special seasoning	1 sachet	1 sachet
white wine vinegar*	2 tsp	4 tsp
baby spinach leaves	1 bag (60g)	1 bag (120g)

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	2840kJ (679Cal)	434kJ (104Cal)
Protein (g)	46.9g	7.2g
Fat, total (g)	26.6g	4.1g
- saturated (g)	12.5g	1.9g
Carbohydrate (g)	57.7g	8.8g
- sugars (g)	17.2g	2.6g
Sodium (mg)	1140mg	173mg

### Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## 1. Roast the veggies

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato, beetroot** and **yam** (all unpeeled) into 1cm chunks. Place the **potato, beetroot** and **yam** on an oven tray lined with baking paper. **Drizzle** with **olive oil** and season to taste with **salt** and **pepper**. Toss to coat, then spread out in a single layer and roast until tender, **20-25 minutes**.

**TIP:** If your oven tray is crowded, separate across two trays.

**TIP:** Cut the veggies to the correct size so they cook in the allocated time.



## 4. Make the rissoles

While the onion is cooking, add the **beef mince, garlic, fine breadcrumbs, egg, grated Parmesan cheese** and **Nan's special seasoning** to a large bowl. Season with **pepper** and mix well to combine. Using damp hands, form heaped spoonfuls of the **beef mixture** into meatballs, then flatten to make 2cm-thick rissoles and set aside on a plate. You should get 3-4 rissoles per person. Wash the frying pan and return to a medium-high heat with a **drizzle of olive oil**. Add the **rissoles** and cook until browned all over and cooked through, **3-4 minutes** each side.



## 2. Get prepped

While the veggies are roasting, thinly slice the **red onion**. Finely chop the **garlic** (or use a garlic press).



## 3. Caramelize the onion

In a large frying pan, heat a **drizzle of olive oil** over a medium heat. Add the **onion** and cook, stirring regularly, until softened, **5-6 minutes**. Add the **balsamic vinegar, water, wholegrain mustard** and **brown sugar** and mix well. Cook until dark and sticky, **3-4 minutes**. Stir through the **butter** until melted and combined. Transfer to a bowl and cover to keep warm.

**TIP:** Add another dash of water to loosen before serving if needed!



## 5. Finish the veggies

When the **veggies** are done, combine the **white wine vinegar** and a **drizzle of olive oil** in a large bowl. Add the roasted **veggies** and **baby spinach leaves**. Toss to combine and season to taste with **salt** and **pepper**.



## 6. Serve up

Divide the cheesy beef rissoles and roast veggie toss between plates. Spoon over the caramelised balsamic and mustard onions.

**Enjoy!**