



GARLIC, HERB & PARMESAN BEEF RISsoles

with Italian Salad & Fries



Add Parmesan to
beef rissoles!



Potato



Red Onion



Beef Mince



Garlic & Herb
Seasoning



Grated Parmesan
Cheese



Fine Breadcrumbs



Cucumber



Tomato



Mixed Salad
Leaves



Italian Dressing



Garlic Aioli



Hands-on: 15 mins

Ready in: 25 mins

These simple, rustic rissoles are packed with flavour from Parmesan and garlic-herb seasoning. They're the perfect little parcels of joy to be savoured with a simple Italian-style salad, fries and aioli.

Pantry Staples: Olive Oil, Balsamic Vinegar,
Brown Sugar, Eggs

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** • **large frying pan**



1 BAKE THE FRIES

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 1cm fries. Spread the fries over two oven trays lined with baking paper. Season with **salt** and **pepper** and **drizzle** with **olive oil**. Toss to coat, then bake until tender, **20-25 minutes**.

TIP: Cut the potato to the correct size so it cooks in the allocated time.



2 MAKE THE CARAMELISED ONION

While the fries are baking, thinly slice the **red onion**. In a large frying pan, heat a **drizzle of olive oil** over a medium heat. Add the **onion** and cook, stirring often, until softened, **5-6 minutes**. Add the **balsamic vinegar, water (for the onion)** and **brown sugar** and mix well. Cook until dark and sticky, **3-5 minutes**. Transfer to a small bowl.



3 PREPARE THE RISSOLES

In a large bowl, combine the **beef mince, garlic & herb seasoning, grated Parmesan cheese, fine breadcrumbs** and **eggs**. Using damp hands, form heaped spoonfuls of the mixture into balls, then flatten to make 2cm-thick rissoles and set aside on a plate. You should get about 18-20 rissoles.



4 COOK THE RISSOLES

Wash the frying pan and return to a medium-high heat with a **drizzle of olive oil**. Working in batches, add the **beef rissoles** and cook until browned and cooked through, **4-5 minutes** each side. Set aside on a plate and cover to keep warm. Repeat with the **remaining rissoles**.



5 MAKE THE SALAD

While the rissoles are cooking, thinly slice the **cucumber** into half-moons. Roughly chop the **tomato**. In a medium bowl, add the **mixed salad leaves, cucumber** and **tomato**. Just before serving, add the **Italian dressing** and toss to coat. Season to taste with **salt** and **pepper**. In a small bowl, combine the **garlic aioli** and **water (for the aioli)**.



6 SERVE UP

Divide the fries, salad and garlic, herb and Parmesan beef rissoles between plates. Serve with the garlic aioli and caramelised onion.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
potato	4
red onion	2
balsamic vinegar*	2 tbs
water* (for the onion)	2 tsp
brown sugar*	2 tsp
beef mince	1 packet
garlic & herb seasoning	2 sachets
grated Parmesan cheese	2 packets
fine breadcrumbs	1 packet
eggs*	2
cucumber	1
tomato	2
mixed salad leaves	1 bag (120g)
Italian dressing	1 tub (25ml)
garlic aioli	1 packet (100g)
water* (for the aioli)	2 tsp

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2950kJ (704Cal)	428kJ (102Cal)
Protein (g)	47.6g	6.9g
Fat, total (g)	33.0g	4.8g
- saturated (g)	9.3g	1.4g
Carbohydrate (g)	50.0g	7.3g
- sugars (g)	16.0g	2.3g
Sodium (g)	1010mg	147mg

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

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