



# Garlic & Herb Parmesan Beef Risssoles

with Fries, Caramelised Onion & Apple Salad

Grab your Meal Kit  
with this symbol



Potato



Red Onion



Beef Mince



Garlic & Herb  
Seasoning



Grated Parmesan  
Cheese



Fine Breadcrumbs



Carrot



Apple



Mixed Salad  
Leaves



Italian Dressing



Garlic Aioli

Hands-on: 15-20 mins  
Ready in: 25-35 mins

Give risssoles a herby hit with garlic and herb seasoning, plus Parmesan for an easy flavour boost. With potato fries and a tangy Italian-dressed salad, this meal shines a whole new light on a tried-and-true dinner.

## Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar, Egg

## 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 refer to method	4 People refer to method
olive oil*		
potato	2	4
red onion	1 (medium)	1 (large)
balsamic vinegar*	4 tsp	2½ tbs
water*	2 tsp	4 tsp
brown sugar*	1 tsp	2 tsp
beef mince	1 packet	1 packet
garlic & herb seasoning	1 sachet	1 sachet
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
fine breadcrumbs	½ packet	1 packet
egg*	1	2
carrot	1	2
apple	1	2
mixed salad leaves	1 bag (60g)	1 bag (120g)
Italian dressing	½ packet (12.5ml)	1 packet (25ml)
garlic aioli	1 packet (50g)	1 packet (100g)

\*Pantry items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	2950kJ (704Cal)	438kJ (105Cal)
Protein (g)	42.4g	6.3g
Fat, total (g)	31.4g	4.7g
- saturated (g)	8.2g	1.2g
Carbohydrate (g)	58.6g	8.7g
- sugars (g)	25.2g	3.8g
Sodium (mg)	1010mg	150mg

## Allergens

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

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



### Bake the fries

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 1cm fries. Place the fries on an oven tray lined with baking paper. Drizzle with **olive oil** and season with **salt**. Toss to coat, then bake until tender, **20-25 minutes**.

**TIP:** Divide the fries between two trays if they don't fit in a single layer.



### Cook 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, until softened, **5-6 minutes**. Add the **balsamic vinegar**, the **water** and **brown sugar** and mix well. Cook until dark and sticky, **3-5 minutes**. Transfer to a small bowl.



### Cook the rissoles

Wash and dry the frying pan, then return to a medium-high heat with a drizzle of **olive oil**. Cook the **beef rissoles**, in batches, until browned and cooked through, **4-5 minutes** each side. Transfer to a plate.



### Make the salad

While the rissoles are cooking, grate the **carrot** (unpeeled). Thinly slice the **apple** (unpeeled). In a medium bowl, add the **mixed salad leaves**, **carrot** and **apple**. Add the **Italian dressing** (see ingredients) and toss to coat. Season to taste. In a second small bowl, combine the **garlic aioli** with a dash of **water**.



### Make the rissoles

In a large bowl, combine the **beef mince**, **garlic & herb seasoning**, **grated Parmesan cheese**, **fine breadcrumbs** (see ingredients) and **egg**. 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 4-5 rissoles per person.



### Serve up

Divide the fries between plates. Serve with the garlic-herb Parmesan rissoles and apple salad. Top the rissoles with the caramelised onion and drizzle with the garlic aioli.

### Enjoy!