



# Quick Parmesan Beef Rissoles

with Tomato Salad & Fries

Grab your Meal Kit with this symbol



Potato



Carrot



Tomato



Mixed Leaves



Hollandaise



Onion



Beef Mince



Aussie Spice Blend



Grated Parmesan Cheese



Fine Breadcrumbs



Grated Parmesan 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: 15-25 mins  
Ready in: 25-35 mins

Give rissoles a bit of flair with our Aussie spice blend, plus Parmesan for an easy flavour boost. With potato fries and a fresh tomato salad, this meal shines a whole new light on a tried-and-true dinner.

**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

## 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	2	4
carrot	1	2
tomato	1	2
mixed leaves	1 medium bag	1 large bag
Hollandaise	1 medium packet	2 medium packets
onion	1 (medium)	1 (large)
balsamic vinegar* (for the onion)	1 tbs	2 tbs
water*	½ tbs	1 tbs
brown sugar*	1 tsp	2 tsp
beef mince	1 packet	1 packet
Aussie spice blend	1 sachet	1 sachet
grated Parmesan cheese	1 packet (30g)	1 packet (60g)
fine breadcrumbs	½ packet	1 packet
egg*	1	2
balsamic vinegar* (for the salad)	drizzle	drizzle
grated Parmesan cheese**	1 packet (30g)	1 packet (60g)

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3072kJ (734Cal)	462kJ (110Cal)
Protein (g)	45.8g	6.9g
Fat, total (g)	35.2g	5.3g
- saturated (g)	13.1g	2g
Carbohydrate (g)	53.5g	8g
- sugars (g)	20.2g	3g
Sodium (mg)	978mg	147mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3308kJ (790Cal)	487kJ (116Cal)
Protein (g)	50.8g	7.5g
Fat, total (g)	39.1g	5.8g
- saturated (g)	15.7g	2.3g
Carbohydrate (g)	53.5g	7.9g
- sugars (g)	20.2g	3g
Sodium (mg)	1084mg	159mg

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](https://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](https://hellofresh.co.nz/contact)

2022 | CW12



## Bake the fries

- Preheat oven to **240°C/220°C fan-forced**. Cut **potato** into fries, then place on a lined oven tray. Drizzle with **olive oil** and season with **salt**. Toss to coat, spread out evenly, then bake until tender, **20-25 minutes**.
- Meanwhile, grate **carrot**. Roughly chop **tomato**.
- In a medium bowl, add **mixed leaves**, **carrot** and **tomato**. Set aside.
- In a small bowl, combine **Hollandaise** with a dash of **water**. Set aside.



## Cook the rissoles

- In a large bowl, combine **beef mince**, **Aussie spice blend**, **grated Parmesan cheese**, **fine breadcrumbs** (see ingredients) and the **egg**.
- Using damp hands, roll heaped spoonfuls of **beef mixture** into meatballs, then flatten to make 2cm-thick rissoles. Transfer to a plate. You should get 4-5 rissoles per person.
- Wash and dry the frying pan, then return to medium-high heat with a drizzle of **olive oil**. Cook **rissoles** until browned and cooked through, **4-5 minutes** each side. Remove from the heat.

### CUSTOM RECIPE

If you ordered extra grated Parmesan, add 1/2 to the rissoles to melt.



## Caramelize the onion

- Thinly slice **onion**.
- In a large frying pan, heat a drizzle of **olive oil** over medium heat. Cook **onion**, stirring, until softened, **5-6 minutes**.
- Add **balsamic vinegar (for the onion)**, the **water** and **brown sugar** and stir well. Cook until dark and sticky, **3-5 minutes**.
- Transfer to a bowl.



## Serve up

- Add **balsamic vinegar (for the salad)** and a drizzle of olive oil to the salad and toss to coat. Season to taste.
- Divide fries, tomato salad and Parmesan beef rissoles between plates.
- Top rissoles with caramelized onion. Serve with a dollop of Hollandaise.

### CUSTOM RECIPE

Sprinkle remaining Parmesan over the tomato salad.

## Enjoy!