



# Beef Rissoles & Beetroot Relish

with Cheesy Fries, Pear Salad & BBQ Mayo

Grab your Meal Kit with this symbol



Potato



Shredded Cheddar Cheese



Brown Onion



Beetroot



Pear



Garlic



Beef Mince



Fine Breadcrumbs



Garlic & Herb Seasoning



Mixed Salad Leaves



BBQ Mayo

Hands-on: **30-40 mins**  
Ready in: **35-45 mins**

Rissoles are a crowd-pleasing winner, but when you cover them with sweet beetroot relish and smokey BBQ mayo, they're even harder to refuse! This colourful plate also gets a serve of cheesy fries and a fresh pear salad for a dinner filled with delights.

### 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

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
shredded Cheddar cheese (50g)	1 packet	1 packet (100g)
brown onion	1 (medium)	1 (large)
beetroot	½	1
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	1 tbs	2 tbs
water*	⅓ cup	⅔ cup
pear	1	2
garlic	2 cloves	4 cloves
beef mince	1 packet	1 packet
fine breadcrumbs	1 packet	1 packet
garlic & herb seasoning	1 sachet	1 sachet
egg*	1	2
salt*	¼ tsp	½ tsp
mixed salad leaves (30g)	1 bag	1 bag (60g)
white wine vinegar*	drizzle	drizzle
BBQ mayo	1 packet (50g)	1 packet (100g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3724kJ (890Cal)	617kJ (147Cal)
Protein (g)	47.4g	7.8g
Fat, total (g)	41.9g	6.9g
- saturated (g)	17.7g	2.9g
Carbohydrate (g)	64.2g	10.6g
- sugars (g)	20.2g	3.3g
Sodium (mg)	1196mg	198mg

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.



### Bake the fries

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** into fries and place on a lined oven tray. Drizzle with **olive oil**, season with **salt**, then toss to coat. Bake until tender, **20-25 minutes**. In the last **5 minutes** of cook time, sprinkle the **shredded Cheddar cheese** over the fries, then bake until melted and golden.



### Cook the rissoles

Wipe out the frying pan and return to a medium-high heat with a drizzle of **olive oil**. Cook the **rissoles** until browned all over and cooked through, **3-4 minutes** each side.



### Make the beetroot relish

While the fries are baking, thinly slice the **brown onion**. Grate the **beetroot** (see ingredients). In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **onion** until softened, **3-4 minutes**. Add the **beetroot, balsamic vinegar** and **brown sugar** and cook until softened, **2-3 minutes**. Add the **water** and cook, stirring occasionally, until reduced, **5-6 minutes**. Season with **salt** and **pepper**, then transfer to a bowl.



### Toss the salad

In a medium bowl, combine the **mixed salad leaves, pear** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste.



### Get prepped

While the beetroot relish is cooking, thinly slice the **pear**. Finely chop the **garlic**. In a large bowl, combine the **beef mince, garlic, fine breadcrumbs, garlic & herb seasoning, egg** and the **salt**. Using damp hands, roll heaped spoonfuls of the **beef mixture** into meatballs, flatten to make 2cm-thick rissoles and transfer to a plate. You should get 3-4 rissoles per person.



### Serve up

Divide the beef rissoles, cheesy fries and pear salad between plates. Top the rissoles with the beetroot relish. Serve with the **BBQ mayo**.

**TIP:** Refrigerate any leftover beetroot relish in an airtight container for up to a week!

Enjoy!