

Garlic & Herb Parmesan Beef Rissoles

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 rissoles 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	4 People
olive oil*	refer to method	refer to method
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](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.



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.



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.



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**.



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!