



HONEY MUSTARD BEEF RISSOLES

with Roasted Veggie Medley



Flavour beef rissoles with honey and mustard



Thyme



Peeled Pumpkin



Kumara



Carrot



Red Onion



Beetroot



Garlic



Beef Mince



Fine Breadcrumbs



Dijon Mustard



Baby Spinach Leaves



Pesto Dressing Supreme

Hands-on: 35 mins
Ready in: 45 mins

How do you improve on the humble rissole? Add honey for sweetness and some mustard for a touch of tanginess then serve your new creations with a roasted veggie salad and oodles of creamy pesto. Suddenly, the classic dish goes from simple to stunning!

Pantry Staples: Olive Oil, Honey

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 GET PREPPED

Preheat the oven to **240°C/220°C fan-forced**. Pick the **thyme** leaves. Cut the **peeled pumpkin** and **kumara** (unpeeled) into 2cm chunks. Slice the **carrot** (unpeeled) into 1cm half-moons. Cut the **red onion** into 2cm wedges. Cut the **beetroot** (unpeeled) into 1cm chunks. **TIP:** Wear gloves to avoid staining your fingers! **TIP:** Cut the veggies to the correct size so they cook in the allocated time.



2 ROAST THE VEGGIES

Divide the chopped **veggies** between two oven trays lined with baking paper. Sprinkle with the **thyme** leaves, **drizzle** with **olive oil** and season with **salt** and **pepper**. Toss to coat, then roast for **25-30 minutes** or until tender.



3 MAKE THE RISSOLES

While the veggies are roasting, finely chop the **garlic** (or use a garlic press). In a medium bowl, combine the garlic, **beef mince**, **fine breadcrumbs**, **honey**, **Dijon mustard**, **salt** and a **pinch** of **pepper**. Using damp hands, form the mixture into 1cm thick rissoles. You should get about 12 rissoles. **TIP:** Pack the rissoles firmly to hold them together while cooking.



4 COOK THE RISSOLES

Heat a **drizzle** of **olive oil** in a large frying pan over a medium-high heat. Cook **1/2** the **rissoles** for **2 minutes** on each side or until browned, then reduce the heat to medium and cook for a further **2-3 minutes** on each side or until cooked through. Set aside on a plate and repeat with the remaining rissoles. **TIP:** Don't worry if the rissoles char slightly, this adds to the flavour!



5 TOSS THE VEGGIES

In a large bowl, combine the roasted **veggies** and **baby spinach leaves**. Season with **salt** and **pepper** and gently toss to coat. **TIP:** Allow the veggies to cool slightly before tossing the salad to keep the leaves crisp.



6 SERVE UP

Divide the roast veggie medley and honey mustard rissoles between plates. Serve with the **pesto dressing supreme**. **TIP:** For kids, follow our serving suggestion in the main photo!

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
thyme	1 bunch
peeled pumpkin	1 packet (400 g)
kumara	2
carrot	2
red onion	2
beetroot	2
garlic	2 cloves
beef mince	1 packet
fine breadcrumbs	1 packet
honey*	4 tsp
Dijon mustard	2 tubs (80 g)
salt*	1 tsp
baby spinach leaves	1 bag (60 g)
pesto dressing supreme	1 tub (100 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2570kJ (614Cal)	402kJ (96Cal)
Protein (g)	40.3g	6.3g
Fat, total (g)	28.1g	4.4g
- saturated (g)	6.2g	1.0g
Carbohydrate (g)	46.5g	7.3g
- sugars (g)	28.8g	4.5g
Sodium (g)	1030mg	161mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589
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