



Teriyaki-Glazed Beef Rissoles

with Sesame Potatoes & Asian Salad

Grab your Meal Kit
with this symbol



Potato



Mixed Sesame
Seeds



Pear



Carrot



Spring Onion



Mayonnaise



Beef Mince



Fine Breadcrumbs



Teriyaki Sauce



Japanese Dressing



Mixed Salad
Leaves



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

These rissoles are like nothing you've had before! The teriyaki glaze gives these morsels of deliciousness an amazing flavour while the potatoes get a hit of sesame. Just add a refreshing salad with extra crunch from pear to tie the meal together.

Pantry items

Olive Oil, Soy Sauce, 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
mixed sesame seeds	1 medium sachet	1 large sachet
pear	1	2
carrot	½	1
spring onion	2 stems	4 stems
mayonnaise	1 packet (40g)	2 packets (80g)
soy sauce*	1 tsp	2 tsp
beef mince	1 small packet	1 medium packet
egg*	1	2
fine breadcrumbs	1 packet	2 packets
salt*	¼ tsp	½ tsp
teriyaki sauce	½ sachet	1 sachet
water*	1½ tbs	3 tbs
Japanese dressing	1 tub	2 tubs
mixed salad leaves	1 bag (60g)	1 bag (120g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3203kJ (765Cal)	542kJ (129Cal)
Protein (g)	41.4g	7g
Fat, total (g)	39.5g	6.7g
- saturated (g)	8g	1.4g
Carbohydrate (g)	57.7g	9.8g
- sugars (g)	21.5g	3.6g
Sodium (mg)	1442mg	244mg

The quantities provided above are averages only.

Allergens

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

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Roast the sesame potatoes

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** into bite-sized chunks. Place the **potato**, **mixed sesame seeds** and a drizzle of **olive oil** on a lined oven tray. Season with **salt**. Toss to coat and roast until tender, **20-25 minutes**.

2



Get prepped

While the potato is roasting, thinly slice the **pear**. Grate the **carrot** (see ingredients). Thinly slice the **spring onion**. In a small bowl, combine the **mayonnaise** and **soy sauce**.

3



Make the rissoles

In a medium bowl, combine the **beef mince**, **egg**, **spring onion**, **fine breadcrumbs** and the **salt**. Using damp hands, shape heaped tablespoons of the mixture into meatballs, then flatten into 1cm-thick rissoles. Transfer to a plate.

4



Cook the rissoles

Heat a good drizzle of **olive oil** in a large frying pan over a medium-high heat. Cook the **beef rissoles**, turning occasionally, until browned and cooked through, **6-8 minutes**. Remove from the heat and add the **teriyaki sauce** (see ingredients) and the **water** to the pan. Turn the **rissoles** to coat in the **glaze**.

TIP: Cook the rissoles in batches if your pan is getting crowded!

5



Dress the salad

In a large bowl, combine the **Japanese dressing**, **mixed salad leaves**, **pear** and **carrot**. Season to taste and toss to coat.

6



Serve up

Divide the sesame potatoes, teriyaki-glazed beef rissoles and Asian salad between plates. Spoon over any teriyaki glaze in the pan. Serve with the soy mayonnaise.

Enjoy!