



for the
little ones

BLANCHED
VeG



Mini
MeatBALLS

CRISPY Potatoes
AND DiP



RISsoles & SMashed Potatoes

Golden rissoles with crispy smashed potatoes and a mild smoky aioli dip – tasty, hands-on and perfect for little cooks.



40 Minutes



2 Servings



Beef

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
	40g	43g	48g

FROM YOUR BOX

BABY POTATOES	500g
CARROT	1
SHALLOT	1
BEEF MINCE	300g
AIOLI	1 sachet
GREEN BEANS	150g

FROM YOUR PANTRY

oil for cooking, salt, pepper, olive oil/
butter, dried oregano, smoked paprika

COOKING TOOLS

saucepan, oven tray, frypan

Use the potatoes to make mash, baby wedges or half and roast if you prefer!

Before you start cooking!

Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.



1. Boil the Potatoes

Set oven to 250°C.

Place **baby potatoes** in a saucepan, cover with **water**, and boil for 15–20 minutes until tender.

tip If your potatoes are larger, you can cut in half to reduce cooking time.



4. Cook the Beans

Trim **green beans** and cut remaining **1/2 carrot** into sticks. Place in a frypan with **1/2–1 cup water**. Bring to a boil and cook, covered, for 3 minutes or until tender to your liking. Drain and drizzle with a little **olive oil** or **butter**. Keep pan over heat for the next step.



2. Make RISSOLES & SMOKY aioli

Finely grate **1/2 carrot** and dice **shallot**. Combine with **beef mince**, **1 tsp oregano**, **salt and pepper**. Shape into patties.

Mix **aioli** with **1 tsp smoked paprika**.

tip Use shallot to taste, any leftover add to tray to roast with potatoes.



5. Cook the RISSOLES

Add some **oil** to the frypan and cook the **rissoles** for 4–5 minutes on each side or until just cooked through.



3. Smash the Potatoes

Drain the **potatoes** and place on a lined tray. Gently smash each one with the base of a cup. Drizzle with **oil**, season with **salt**, and roast for 15–20 minutes until crispy.

tip Sprinkle with a dried herb of choice if you like!



6. Finish and Serve

Serve **rissoles** with **smashed potatoes**, **smoky aioli**, **green beans** and **carrot** on the side.

tip Switch the cooked veg for a fresh salad if you prefer!