

for the
little onesBLANCHED
BEANSMini
MeatBALLSCRISPY 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



4/6 Servings



Beef

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	40g	43g	49g

FROM YOUR BOX

	4 PERSON	6 PERSON
BABY POTATOES	1kg	1.5kg
CARROT	1	2
SHALLOT	1	2
BEEF MINCE	600g	600g + 300g
AIOLI	2 sachets	3 sachets
GREEN BEANS	250g	250g + 150g

FROM YOUR PANTRY

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

COOKING TOOLS

saucepan, oven tray, large 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**. Place in a frypan with **1/2–1 cup water**. Bring to a boil and cook, covered, for 2–3 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 **carrot** and dice **shallot**. Combine with **beef mince**, **2–3 tsp oregano**, **salt and pepper**. Shape into patties.

Mix **aioli** with **2–3 tsp smoked paprika**.



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** and **green beans** on the side.

tip Switch the green beans for a fresh salad if you prefer!