



Rissoles

with sweet potato mash and gravy



Make this dish within 5 days of receiving your meal kit



Cooking equipment: medium pot, large non-stick frying pan, small pot



Pantry items needed: plant-based butter, olive oil, salt



Hands-on: 25 minutes
Ready in: 40 minutes



Serves: 2 or 4

"What do you call these, darl?" Rissoles! They're as Aussie as they come! Made with Froom mushroom mince, together with a creamy mash and our house-made traditional gravy mix. It's sure to keep the whole family happy!

NO ADDED GLUTEN

Before you start

Read through the recipe and give your fresh produce a wash.

Ingredients

	2 serves	4 serves
White potato	600g	1200g
Sweet potato	270g	540g
Plant-based butter*	3 tbsp	6 tbsp
Salt*	½ tsp	1 tsp
Carrot	100g	200g
Brown onion	70g	140g
Garlic	6g	12g
Parsley	5g	10g
Froom mince	1 packet	1 packet
Rissole dry mix	1 packet	1 packet
Olive oil for rissoles*	2 tbsp	4 tbsp
Olive oil for gravy*	1 tbsp	2 tbsp
Gravy seasoning mix	1 packet	1 packet
Boiling water*	1 cup	2 cups

* Pantry items

Allergens and ingredients

May contain traces of allergens.

For full details of allergen and ingredient information contact us at (02) 8773 4584.

Instructions

1. Make mash

Peel and dice **potato** and **sweet potato** into 2cm pieces. Place into a medium pot and add water to cover. Bring to a boil, reduce to a simmer and cook until a knife can easily pierce through the **potato**, about **15 minutes**. Drain and mash until smooth. Add **butter*** and **salt*** and stir to combine. Keep covered until ready to serve.

2. Prepare vegetables

Grate **carrot**. Dice **onion**. Mince **garlic**. Pick **parsley** leaves. Finely slice leaves and finely chop stems, keeping them separated.

3. Cook rissoles

In a bowl, add **Froom mince**, **carrot**, **parsley stems** and **rissole dry mix** and mix until combined. Roll mixture into balls (**6 for 2 serves** and **12 for 4 serves**) and gently flatten to 2cm thickness. In a large non-stick frying pan over medium heat, add **olive oil for rissoles***. When hot, add **rissoles** and cook until golden brown, about **3 minutes** on each side. Remove from the heat and place onto paper kitchen towel.

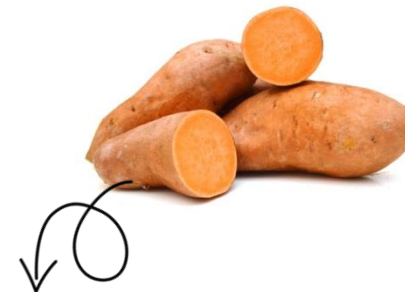
4. Make gravy

In a small pot over medium heat, add **olive oil for gravy***, **onion** and **garlic** and cook, stirring until golden brown, about **4 minutes**. Add **gravy seasoning mix** and stir to coat the **onion**. Gradually add **boiling water***, whisking until smooth and allow to simmer, stirring constantly until thickened, about **2 minutes**.

5. Serve

Serve **sweet potato mash** onto plates with **rissoles**. Pour over **gravy** and sprinkle with **parsley leaves**.

Eat your way
to healthy!



Sweet potatoes are high in fibre and in various vitamins and minerals, including vitamins A and C, manganese and potassium.

They have been linked to health benefits such as improved immunity and eye health, and reduced risk of heart disease and certain types of cancer.

Nutritional information*

	Per 700g serve	Per 100g
Energy	3335kJ (798Cal)	477kJ (114Cal)
Protein	22.2g	3.2g
Fat, total	33.4g	4.8g
- Saturated	6.3g	0.9g
Carbohydrate	93.0g	13.0g
- Sugars	15.0g	2.0g
Sodium	1486mg	212mg

* Nutritional information is based on averages