



Everything
But The Chef

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WK08
2015



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Thai Pork Rissoles

It is a widely known fact in HF HQ that the King of Thailand loves these meaty flattened circles of goodness at the end of a long week negotiating with delegates. In need of some comfort food with an Asian twist – look no further, we have it covered for you!



30 mins



level 1



gluten free



Rice



Pork Mince



Tomato



Garlic



Coriander



Red Onion



Ginger



Chilli



Cucumber



Lemongrass



Rocket

2P	4P	Ingredients
150 g	300 g	rice
3 cm	6 cm	lemongrass, finely diced
1 knob	2 knobs	ginger, peeled & grated
1	2	garlic clove, peeled & crushed ⊕
1	2	long chilli, deseeded & finely diced A
2 tbs	4 tbs	coriander, roughly chopped
1/2	1	red onion, half sliced, half diced ⊕
350 g	700 g	pork mince
1	2	cucumber, sliced
70 g	140 g	rocket, washed
1	2	tomato, sliced ⊕

⊕ May feature in another recipe

* Good to have at home

Nutrition per serving

Energy	2560	Kj
Protein	31.4	g
Fat, total	43.7	g
-saturated	10	g
Carbohydrate	23.1	g
-sugars	1.4	g

Measuretool

0 cm	1 cm	2 cm



1 Place the **rice** into a pot and rinse it with cold tap water, the water will initially become cloudy, continue to rinse until the water becomes clear enough (it doesn't need to be crystal). Bring a large pot of salted water to the boil. Add the rice and cook it for **10-12 minutes** until soft. Drain.



2 Cut off the lower part of the **lemongrass** bulb because this will be woody and tough. Then remove the tougher outer leaves. What you are looking for is the softer layers within. First it's best to "bruise" the trimmed stalk with the back or side of a knife because it will help break down its fibrousness. To soften them even further, you don't want it chewy in your meal, finely chop the remaining stick.



3 Combine the **ginger**, lemongrass, **garlic**, **chilli**, half the **coriander**, and half the **red onion** in a bowl. Add the **pork mince** and mix together with your hands. Separate the pork mince into large balls and flatten them to form the rissoles. Heat a pan to medium temperature with a little vegetable oil and add the pork. Cooking for **3 minutes** per side, depending on how thick your rissoles are they may not be cooked all the way through, if not transfer them to the oven for an extra **5 minutes** to finish the cooking.



4 Combine the **cucumber**, **rocket**, **tomato**, and the remaining onion and coriander leaves to a bowl and toss to combine. Divide amongst plates.

5 Plate the rissoles on the side of the salad and the rice. Then top with a condiment of your choice (we suggest sweet chilli or some light soy sauce).