



# Homemade Pork Croquettes & Quick Gravy

with Dijon Mash & Steamed Veggies

SKILL UP

NEW

Grab your Meal Kit with this symbol



Potato



Green Beans



Carrot



Pork Mince



Herb & Mushroom Seasoning



Dijon Mustard



Crispy Shallots



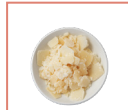
Parmesan Cheese



Panko Breadcrumbs



Gravy Granules



Parmesan Cheese

Prep in: 20-30 mins  
Ready in: 30-40 mins

Here to challenge your inner chef, our new 'skill up' recipes will take you from zero to hero. These golden croquettes may sound fancy but they're super simple and satisfying to make! Learn how to whip up these pork and potato packed delights encrusted with breadcrumbs and served with creamy mash, tender veggies and velvety gravy.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Milk, Butter, Plain Flour, Egg

## Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Large saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	3	6
green beans	1 medium packet	2 medium packets
carrot	1	2
pork mince	1 medium packet	2 medium packets OR 1 large packet
herb & mushroom seasoning	1 medium sachet	2 medium sachets
<b>milk*</b>	2 tbs	¼ cup
<b>butter*</b>	40g	80g
Dijon mustard	1 medium packet	2 medium packets
crispy shallots	1 medium sachet	1 large sachet
Parmesan cheese	1 medium packet	1 large packet
<b>plain flour*</b>	2 tbs	¼ cup
<b>egg*</b>	1	2
panko breadcrumbs	1 medium packet	1 large packet
gravy granules	1 medium sachet	1 large sachet
<b>boiling water*</b>	½ cup	1 cup
Parmesan cheese**	1 medium packet	1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3945kJ (943Cal)	548kJ (131Cal)
Protein (g)	46.1g	6.4g
Fat, total (g)	55.5g	7.7g
- saturated (g)	23.5g	3.3g
Carbohydrate (g)	72g	10g
- sugars (g)	17.3g	2.4g
Sodium (mg)	1487mg	207mg
Dietary Fibre (g)	12.8g	1.8g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4153kJ (993Cal)	567kJ (136Cal)
Protein (g)	50.2g	6.9g
Fat, total (g)	59.1g	8.1g
- saturated (g)	26.1g	3.6g
Carbohydrate (g)	72.3g	9.9g
- sugars (g)	17.5g	2.4g
Sodium (mg)	1620mg	221mg
Dietary Fibre	12.8g	1.7g

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

## We're here to help!

Scan here if you have any questions or concerns



## Cook the veggies

- Boil the kettle.
- Peel **potato** and cut into large chunks.
- Trim **green beans**.
- Thinly slice **carrot** into rounds.
- Half-fill a large saucepan with boiling water, then add a generous pinch of **salt**. Cook **potato** in the boiling water, **6 minutes**. Place a colander or steamer basket on top then add **green beans** and **carrot**.
- Cover and steam until veggies are tender and potatoes are easily pierced with a knife, **7-8 minutes**. Transfer **carrot** and **green beans** to a bowl. Season, drizzle with **olive oil** and cover to keep warm.



## Fry the croquettes

- Wipe out frying pan and return to medium-high heat with enough **olive oil** to coat the base.
- Cook **croquettes** in batches, turning occasionally, until golden and cooked through, **4-6 minutes**. Transfer to a paper towel-lined plate.

**TIP:** Add extra oil if needed so the croquettes do not stick to the pan.



## Make the mash & pork mixture

- While veggies are cooking, in a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **pork mince**, breaking up with a spoon, until just browned, **3-4 minutes**.
- Add **herb & mushroom seasoning** and cook until fragrant, **1 minute**. Transfer to a medium bowl. Season with **pepper**.
- Once potatoes are done, drain and return to saucepan. Add the **milk**, **butter**, **Dijon mustard** and a good pinch of **salt** and mash until smooth. Cover to keep warm.
- To bowl with pork, add **crispy shallots**, **Parmesan cheese** and some **mashed potato** (¾ cup for 2 people / 1 ½ cups for 4 people). Mix until well combined. Set aside to cool slightly.

**Custom Recipe:** If you've doubled your Parmesan cheese, add extra Parmesan to pork mixture as above.



## Make the gravy

- Meanwhile, in a medium heatproof bowl, combine **gravy granules** and the **boiling water** (½ cup for 2 people / 1 cup for 4 people), whisking, until smooth, **1 minute**.



## Crumb the pork

- Once **pork mixture** has cooled enough to handle, shape into 2cm-thick oval croquettes (4-5 per person).
- In a shallow bowl, combine the **plain flour** and a pinch of **salt**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place **panko breadcrumbs**.
- Dip **croquettes** into **flour mixture** to coat, then into **egg**, and finally in **breadcrumbs**. Set aside on a plate.



## Serve up

- Divide remaining Dijon mash, crumbed pork croquettes and steamed veggies between plates.
- Pour over gravy to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

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