



Pork Rissoles & Cheesy Fries

with Garden Salad & Dill-Parsley Mayo

Grab your Meal Kit with this symbol



Potato



Garlic & Herb Seasoning



Shredded Cheddar Cheese



Cherry Tomatoes



Garlic



Pork Mince



Fine Breadcrumbs



Nan's Special Seasoning



Mixed Salad Leaves



Flaked Almonds



Dill & Parsley Mayonnaise



Beef Mince

Hands-on: **20-30 mins**
Ready in: **35-45 mins**

Tender and flavourful pork rissoles are the star of the show tonight. Just add a medley of veggies and cheesy fries and it's satisfaction, guaranteed.



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

Pantry items

Olive Oil, Egg, Balsamic Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
garlic & herb seasoning	1 sachet	2 sachets
shredded Cheddar cheese	1 medium packet	1 large packet
cherry tomatoes	1 punnet	2 punnets
garlic	1 clove	2 cloves
pork mince	1 medium packet	1 large packet
fine breadcrumbs	½ medium packet	1 medium packet
Nan's special seasoning	1 sachet	2 sachets
egg*	1	2
balsamic vinegar*	¾ tsp	1½ tsp
mixed salad leaves	1 bag (60g)	1 bag (120g)
flaked almonds	1 medium packet	1 large packet
dill & parsley mayonnaise	1 packet (50g)	1 packet (100g)
beef mince**	1 medium packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3195kJ (764Cal)	564kJ (135Cal)
Protein (g)	46g	8.1g
Fat, total (g)	45.9g	8.1g
- saturated (g)	14g	2.5g
Carbohydrate (g)	40.5g	7.2g
- sugars (g)	8.8g	7.2g
Sodium (mg)	1097mg	194mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3176kJ (759Cal)	561kJ (134Cal)
Protein (g)	50.1g	8.9g
Fat, total (g)	43.5g	7.7g
- saturated (g)	13.8g	2.4g
Carbohydrate (g)	40.5g	7.2g
- sugars (g)	8.8g	7.2g
Sodium (mg)	1111mg	196mg

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

If you have any questions or concerns, please visit hellofresh.com.au/contact

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Bake the cheesy fries

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** into fries and place on a lined oven tray. Sprinkle with the **garlic & herb seasoning**, drizzle with **olive oil** and season with **salt**. Toss to coat and bake until tender, **20-25 minutes**. In the last **5-8 minutes**, sprinkle the **shredded Cheddar cheese** over the fries and bake until melted and golden.



Cook the rissoles

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **pork rissoles**, turning, until browned and cooked through, **9-10 minutes** (cook in batches if your pan is getting crowded).



Get prepped

While the fries are baking, halve the **cherry tomatoes**. Finely chop the **garlic**.



Make the salad

While the rissoles are cooking, combine the **balsamic vinegar** and a drizzle of **olive oil** in a medium bowl. Season with **salt** and **pepper**. Add the **mixed salad leaves** and **cherry tomatoes**. Toss to coat.



Make the rissoles

In a large bowl, combine the **pork mince**, **fine breadcrumbs** (see ingredients), **Nan's special seasoning**, **garlic**, **egg** and a generous pinch of **salt**. Using damp hands, form heaped spoonfuls of the mixture into meatballs then flatten to make 2cm-thick rissoles and set aside on a plate. You should get about 3 rissoles per person.

CUSTOM RECIPE

If you've swapped pork mince for beef mince, prep and cook it in the same way as the pork.



Serve up

Divide the pork rissoles, cheesy fries and garden salad between plates. Sprinkle with the **flaked almonds** over the salad and serve the **dill & parsley mayonnaise** over the rissoles.

Enjoy!