



Caribbean-Spiced Pork Rissoles

with Wedges, Corn Salad & Mango Mayo

Grab your Meal Kit with this symbol



Potato



Corn



Garlic



Apple



Pork Mince



Mild Caribbean Jerk Seasoning



Fine Breadcrumbs



Mixed Salad Leaves



Mango Mayonnaise



Beef Mince

Hands-on: **20-30 mins**
Ready in: **40-50 mins**

Calorie Smart

Give your rissoles some island flair with our Caribbean jerk seasoning, sure to bring the flavour to your table. Complete with hand cut wedges, a juicy corn salad and our sweet and tangy mango mayo, this dish tastes like a holiday.



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

Pantry items

Olive Oil, Honey, White Wine Vinegar, Egg

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

NOTE: You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
corn	1 cob	2 cobs
garlic	2 cloves	4 cloves
apple	1	2
honey*	1 tsp	2 tsp
white wine vinegar*	drizzle	drizzle
pork mince	1 small packet	1 medium packet
mild Caribbean jerk seasoning	1 sachet	2 sachets
fine breadcrumbs	½ medium packet	1 medium packet
egg*	1	2
mixed salad leaves	1 medium bag	1 large bag
mango	1 packet	1 packet
mayonnaise	(50g)	(100g)
beef mince**	1 small packet	1 medium packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2602kJ (622Cal)	490kJ (117Cal)
Protein (g)	37g	7g
Fat, total (g)	29g	5.5g
- saturated (g)	7.1g	1.3g
Carbohydrate (g)	50.1g	9.4g
- sugars (g)	17.6g	9.4g
Sodium (mg)	913mg	172mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2608kJ (623Cal)	491kJ (117Cal)
Protein (g)	40.6g	7.6g
Fat, total (g)	27.5g	5.2g
- saturated (g)	7.2g	1.4g
Carbohydrate (g)	50.1g	9.4g
- sugars (g)	17.6g	9.4g
Sodium (mg)	919mg	173mg

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 wedges & corn

Preheat the oven to **220°C/200°C fan-forced**. Cut the **potato** into wedges. Place the **potato** and **corn** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Bake until tender, **25-30 minutes**.



Cook the rissoles

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **rissoles** until browned and cooked through, **4-5 minutes** each side. Remove from the heat.

CUSTOM RECIPE

Cook the beef rissoles as above.



Get prepped

While the veggies are baking, finely chop the **garlic**. Thinly slice the **apple**. In a large bowl, combine the **honey** and a drizzle of **white wine vinegar** and **olive oil**. Season with **salt** and **pepper**. Set aside.



Finish the salad

Carefully slice the roasted **corn** kernels off the cob. To the bowl with the **dressing**, add the **corn**, **apple** and **mixed salad leaves**, tossing to coat.



Make the rissoles

In a large bowl, combine the **pork mince**, **garlic**, **mild Caribbean jerk seasoning**, **fine breadcrumbs** (see ingredients) and **egg**. Using damp hands, form heaped spoonfuls of the **rissole mixture** into meatballs, then flatten to make 2cm-thick rissoles. Transfer to a plate. You should get 4-5 rissoles per person.

CUSTOM RECIPE

If you've swapped to beef mince, combine it with the ingredients the same way as above.



Serve up

Divide the Caribbean-spiced pork rissoles, wedges and charred corn salad between plates. Serve with the **mango mayonnaise**.

Enjoy!

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