



# Caribbean-Spiced Pork Rissoles

with Wedges, Corn Salad & Mango Mayo

Grab your Meal Kit with this symbol



Potato



Garlic



Tomato



Sweetcorn



Pork Mince



Mild Caribbean Jerk Seasoning



Fine Breadcrumbs



Mixed Leaves



Mango Mayonnaise

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.

### Pantry items

Olive Oil, Honey, White Wine Vinegar, Egg

## 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

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
garlic	2 cloves	4 cloves
tomato	1	2
sweetcorn	1 tin (125g)	1 tin (300g)
honey*	1 tsp	2 tsp
white wine vinegar*	drizzle	drizzle
pork mince	1 small packet	1 medium packet
mild Caribbean jerk seasoning	1 medium sachet	1 large sachet
fine breadcrumbs	½ medium packet	1 medium packet
egg*	1	2
mixed leaves	1 medium bag	1 large bag
mango	1 packet	1 packet
mayonnaise	(50g)	(100g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2700kJ (645Cal)	492kJ (118Cal)
Protein (g)	36.9g	6.7g
Fat, total (g)	34.4g	6.3g
- saturated (g)	7.9g	1.4g
Carbohydrate (g)	44.4g	8.1g
- sugars (g)	12.1g	2.2g
Sodium (mg)	1055mg	192mg

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.



## Bake the wedges

Preheat oven to **240°C/220°C fan-forced**. Cut **potato** into wedges. Place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Bake until tender, **20-25 minutes**.

**TIP:** If your oven tray is crowded, divide the wedges between two trays.



## Get prepped

Meanwhile, finely chop **garlic**. Roughly chop **tomato**. Drain **sweetcorn**. In a large bowl, combine the **honey** and a drizzle of **white wine vinegar** and **olive oil**. Season with **salt** and **pepper**. Set aside.



## Char the corn

Heat a large frying pan over high heat. Cook **corn kernels** until lightly browned, **4-5 minutes**. Transfer to the bowl with **honey-vinegar dressing**.

**TIP:** Cover the pan with a lid if the kernels are "popping" out.



## Cook the rissoles

In a large bowl, combine **pork mince**, **garlic**, **mild Caribbean jerk seasoning**, **fine breadcrumbs** (see ingredients) and **egg**. Using damp hands, form heaped spoonfuls of **mixture** into meatballs, then flatten to make 2cm-thick rissoles. Transfer to a plate. You should get 3-4 rissoles per person. Return pan to medium-high heat with a drizzle of **olive oil**. Cook **rissoles**, in batches, until browned and cooked through, **4-5 minutes** each side. Remove from heat.



## Dress the salad

When rissoles are almost done, add **tomato** and **mixed leaves** to bowl with the **corn** and **dressing**. Toss to coat.



## Serve up

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

Enjoy!

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