



Cheesy Pork Rissoles & Onion Gravy

with Carrot-Potato Mash & Almonds

Grab your Meal Kit with this symbol



Potato



Carrot



Broccoli



Brown Onion



Garlic



Pork Mince



Garlic & Herb Seasoning



Grated Parmesan Cheese



Gravy Granules



Flaked Almonds

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

Carb Smart

Perk up pork rissoles by spiking them with our garlic and herb seasoning, plus sharp Parmesan. The fuss-free gravy has a lovely subtle sweetness from the onion, and the carrot in the mash keeps the carbs in check, all while amping up the flavour.

Pantry items

Olive Oil, Butter

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

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	1	2
carrot	1	2
broccoli	1 head	2 heads
brown onion	½	1
garlic	1 clove	2 cloves
butter*	20g	40g
pork mince	1 small packet	1 medium packet
garlic & herb seasoning	1 medium sachet	1 large sachet
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
water*	½ cup	1 cup
gravy granules	1 medium sachet	1 large sachet
flaked almonds	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2471kJ (590Cal)	404kJ (96Cal)
Protein (g)	43.4g	7.1g
Fat, total (g)	29.2g	4.8g
- saturated (g)	13.5g	2.2g
Carbohydrate (g)	32.4g	5.3g
- sugars (g)	15g	2.5g
Sodium (mg)	1020mg	167mg
Dietary Fibre	15.1g	2.5g

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.



1 Prep the veggies

Bring a medium saucepan of salted water to the boil. Peel **potato** and **carrot**, then cut into large chunks. Chop **broccoli** (including the stalk!) into small florets. Thinly slice **brown onion** (see ingredients). Finely chop **garlic**.

TIP: Save time and get more fibre by leaving the potato unpeeled!



2 Cook the veggies

Cook **potato** and **carrot** in the boiling water until easily pierced with a fork, **10-15 minutes**. In the last **10 minutes**, add **broccoli** to a colander, then place on top of saucepan. Cover and steam until tender, **10 minutes**. Transfer **broccoli** to a bowl. Season to taste and cover to keep warm. Drain **potato** and **carrot** and return to saucepan. Add the **butter** and a generous pinch of **salt**. Mash until smooth. Cover to keep warm.



3 Make the rissoles

While veggies are cooking, combine **pork mince**, **garlic & herb seasoning** and **grated Parmesan cheese** in a medium bowl. Using damp hands, form heaped spoonfuls of **mixture** into meatballs, then flatten to make 2cm-thick rissoles. Set aside on a plate. You should get 3-4 rissoles per person.



4 Cook the rissoles

In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **rissoles** until browned and cooked through, **3-4 minutes** each side. Transfer to a plate to rest.

TIP: Cook the rissoles in batches if your pan is getting crowded.



5 Make the gravy

Return frying pan to medium-high heat with another drizzle of **olive oil**, if needed. Cook **onion** until softened, **3-4 minutes**. Add **garlic** and cook until fragrant, **1 minute**. Add the **water** and **gravy granules** and cook, stirring, until smooth and slightly thickened, **1-2 minutes**.

TIP: Add a splash more water if the gravy looks too thick!



6 Serve up

Divide cheesy pork rissoles, carrot-potato mash and broccoli between plates. Spoon onion gravy over rissoles. Sprinkle with **flaked almonds** to serve.

Enjoy!

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