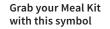


# Cheesy Pork Rissoles & Onion Gravy with Carrot-Potato Mash & Almonds















**Brown Onion** 





Pork Mince





Garlic & Herb Seasoning

**Grated Parmesan** Cheese





**Gravy Granules** 



Flaked Almonds

**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

3			
	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	1/2	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	

<sup>\*</sup>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.



# 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!



# 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.



#### 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.



#### 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.



# 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!



## 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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