

**Dinner** - Caribbean Pork Rissoles with Wedges & Corn Slaw  
**Lunch** - Caribbean Pork Rissoles & Roast Sweet Potato Salad

Grab your Meal Kit with this symbol



-  Potato
-  Sweet Potato
-  Aussie Spice Blend
-  Corn
-  Coriander
-  Garlic
-  Cucumber
-  Lemon
-  Garlic Aioli
-  Pork Mince
-  Mild Caribbean Jerk Seasoning
-  Fine Breadcrumbs
-  Slaw Mix

**FOR YOUR LUNCH**

-  Coconut Sweet Chilli Mayonnaise
-  Mixed Salad Leaves
-  Tomato

**DINNER**  
 Hands-on: **30-40** mins  
 Ready in: **35-45** mins

**LUNCH**  
 Ready in: **10** mins

Cook once, with a twist for lunch. Cook an amazing dinner as usual, then put a new spin on the recipe to create something different for lunch the next day. Make your own Caribbean pork rissoles, then serve them with roasted sweet potato and coconut sweet chilli mayo for lunch. Extra delicious!

**Pantry items**  
 Olive Oil, 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

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
sweet potato	1	1
Aussie spice blend	1 sachet	2 sachets
corn	2 cobs	3 cobs
coriander	1 bag	1 bag
garlic	2 cloves	3 cloves
cucumber	2	3
lemon	1	1½
garlic aioli	1 packet (100g)	2 packets (200g)
pork mince	1 medium packet	1 large & medium packet
mild Caribbean jerk seasoning	2 sachets	3 sachets
fine breadcrumbs	1 packet	2 packets
egg*	1	2
salt*	¼ tsp	½ tsp
slaw mix	1 bag (150g)	1 bag (300g)
coconut sweet chilli mayonnaise	1 packet	1 packet
mixed salad leaves	1 bag	1 bag
tomato	2	2

\*Pantry Items

### Nutrition

DINNER	PER SERVING	PER 100G
Energy (kJ)	2660kJ (634Cal)	475kJ (113Cal)
Protein (g)	39.7g	7.1g
Fat, total (g)	30.0g	5.4g
- saturated (g)	5.5g	1.0g
Carbohydrate (g)	47.0g	8.4g
- sugars (g)	8.0g	1.4g
Sodium (mg)	1600mg	286mg
LUNCH		
Energy (kJ)	3640kJ (870Cal)	528kJ (126Cal)
Protein (g)	39.1g	5.7g
Fat, total (g)	61.7g	9.0g
- saturated (g)	8.1g	1.2g
Carbohydrate (g)	39.4g	5.7g
- sugars (g)	17.7g	2.6g
Sodium (mg)	1320mg	191mg

### 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.

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2020 | CW43



## 1. Bake the wedges & corn

Preheat the oven to **220°C/200°C fan-forced**. Cut the **potato** (unpeeled) into 1cm wedges. Cut the **sweet potato** (unpeeled) into 1cm chunks. Place the **potato wedges, Aussie spice blend** and **corn** on an oven tray lined with baking paper. Place the **sweet potato** on a second oven tray lined with baking paper. **Drizzle** both trays with **olive oil**, season with **salt** and **pepper** and toss to coat. Bake until tender, **25-30 minutes**. Set aside to cool. Reserve the **sweet potato** for lunch.



## 4. Make the corn slaw

When the **corn** is cool enough to handle, slice the **corn** kernels off the cob (reserve two portions for lunch). Add the **corn** kernels, **cucumber** (reserve two portions for lunch) and **slaw mix** to the bowl with the dressing and toss to coat.



## 2. Get prepped

While the veggies are baking, roughly chop the **coriander**. Finely chop the **garlic** (or use a garlic press). Thinly slice the **cucumber** into half-moons. Slice the **lemon** (see ingredients list) into wedges (reserve some for lunch!). In a medium bowl, combine the **coriander**, a **squeeze of lemon juice**, a **pinch of salt** and **pepper** and **1/2 the garlic aioli**. Set aside.



## 5. Serve up dinner

Divide the **Caribbean pork rissoles** (set aside 2 portions), **spiced wedges** and **corn slaw** between plates. Serve with the **remaining garlic aioli**.



## 3. Make the rissoles

In a large bowl, combine the **pork mince, garlic, mild Caribbean jerk seasoning, fine breadcrumbs, egg** and the **salt**. Using damp hands, form heaped spoonfuls of the mixture into balls, then flatten to make 2cm-thick rissoles. Transfer to a plate. You should get about 4-5 rissoles per person. In a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. Cook the **pork rissoles**, in batches, until browned and cooked through, **4-5 minutes** each side. Transfer to a plate and cover to keep warm.



## 6. Make lunch

When you're ready to pack your lunch, **juice** the **reserved lemon**, then combine with the **coconut sweet chilli mayonnaise**. Roughly chop the **tomato**. Divide the **mayonnaise dressing** between two containers. Top with the **mixed salad leaves, tomato, reserved sweet potato, corn slaw** and the **reserved Caribbean pork rissoles**. At lunch, remove the **pork rissoles** and microwave until piping hot, **2-3 minutes**. Toss the **sweet potato salad** and top with the hot **rissoles**.

Enjoy!