



Dinner - Thai-Style Pork Rissoles with Coconut Rice

Lunch - Thai Pork Rissole Salad

Grab your Meal Kit with this symbol



- Sweet Potato
- Coconut Milk
- Basmati Rice
- Spring Onion
- Asian Greens
- Broccoli
- Pork Mince
- Fine Breadcrumbs
- Thai Red Curry Paste
- Long Red Chilli (Optional)
- Lime
- Sweet Chilli Sauce
- FOR YOUR LUNCH**
- Snow Peas
- Baby Spinach Leaves
- Roasted Cashews

Hands-on: **35-45 mins**
 Ready in: **45-55 mins** Spicy (optional long red chilli & Thai red curry paste)

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! Enjoy pork rissoles flavoured with Thai red curry paste for dinner, then serve the remaining rissoles with a sweet potato salad for lunch the next day. Too easy!

Pantry items
 Olive Oil, Brown Sugar, Egg

Before you start

Our fruit and veggies need a little wash first!

You will need

Oven tray lined with baking paper ·
Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	2
coconut milk	1 box (200ml)	2 boxes (400ml)
water*	¾ cup	1½ cups
salt*	¼ tsp	½ tsp
basmati rice	1 packet	2 packets
spring onion	1 bunch	1 bunch
Asian greens	1 bunch	2 bunches
broccoli	1 head	2 heads
pork mince	1 large packet	1 large & 1 small packet
brown sugar*	2 tsp	3 tsp
fine breadcrumbs	2 packets	3 packets
egg*	1	2
Thai red curry paste	¾ tin (75g)	1 tin (95g)
long red chilli (optional)	1	2
lime	2	3
sweet chilli sauce	1 tub (100g)	3 tubs (150g)
snow peas	1 bag (100g)	1 bag (100g)
baby spinach leaves	1 bag (60g)	1 bag (60g)
roasted cashews	2 packets	2 packets

*Pantry Items

Nutrition

DINNER	PER SERVING	PER 100G
Energy (kJ)	3330kJ (796Cal)	572kJ (137Cal)
Protein (g)	42.2g	7.3g
Fat, total (g)	27.3g	4.7g
- saturated (g)	13.7g	2.4g
Carbohydrate (g)	86.0g	14.8g
- sugars (g)	18.6g	3.2g
Sodium (g)	1580mg	271mg
LUNCH		
Energy (kJ)	2630kJ (629Cal)	525kJ (125Cal)
Protein (g)	40.1g	8.0g
Fat, total (g)	24.7g	4.9g
- saturated (g)	6.1g	1.2g
Carbohydrate (g)	57.5g	11.5g
- sugars (g)	33.3g	6.6g
Sodium (g)	896mg	179mg

Allergens

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)



1. Roast the sweet potato

Preheat the oven to **220°C/200°C fan-forced**. Cut the **sweet potato** (unpeeled) into 1cm cubes. Place on an oven tray lined with baking paper. **Drizzle** with **olive oil** and season with **salt** and **pepper**. Toss to coat. Roast until tender, **20-25 minutes**. Set aside until you are ready to pack your lunch.

TIP: Cut the sweet potato to the correct size so it cooks in the allocated time.



4. Cook the veggies & rissoles

In a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. Add the **broccoli** and then a **dash of water** and cook until nearly tender, **4-5 minutes**. Add the **Asian greens** and cook until just tender, **1-2 minutes**. Season with **salt** and **pepper**, transfer to a plate and cover to keep warm. Return the frying pan to a medium-high heat with a **generous drizzle of olive oil**. Cook the **pork rissoles** in batches, turning occasionally, until browned all over and cooked through, **5-6 minutes**. Transfer to a plate.

TIP: Don't worry if your rissoles get a little charred during cooking, it adds to the flavour!



2. Make the coconut rice

While the sweet potato is roasting, add the **coconut milk**, **water** and **salt** to a medium saucepan and bring to the boil. Add the **basmati rice**, stir, cover with a lid and reduce the heat to low. Cook for **15 minutes**, then remove the pan from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!



5. Serve dinner

Thinly slice the **long red chilli** (if using). Slice the **lime** into wedges (reserve 1 lime for lunch!). Divide the **coconut rice** between plates and top with the veggies and **Thai-style pork rissoles** (reserve two portions for lunch!). Sprinkle with the **chilli** (if using). Serve the **sweet chilli sauce** (reserve 50g for lunch!) and **lime wedges** on the side.



3. Prep the veggies & rissoles

While the rice is cooking, thinly slice the **spring onion**. Roughly chop the **Asian greens**. Cut the **broccoli** into small florets and roughly chop the stem. In a large bowl, combine the **pork mince**, **brown sugar**, **fine breadcrumbs**, **egg**, **Thai red curry paste** (see ingredients list) and **spring onion**. Using damp hands, shape heaped tablespoons of the mixture into rissoles and set aside on a plate. You should get 6-8 rissoles per person.



6. Make lunch

When you're ready to pack your lunch, trim the **snow peas** and cut into 1cm pieces. Juice the **reserved lime**, then combine with the **reserved sweet chilli sauce**. Divide the **sweet chilli lime mixture** between two containers. Divide the **baby spinach leaves**, **sweet potato**, **snow peas** and **roasted cashews** between containers, and then top with the reserved **Thai-style pork rissoles**. At lunch time, remove the **pork rissoles**. Microwave the **rissoles** until piping hot, **2-3 minutes**. Toss the **salad**, top with **rissoles** and sprinkle with the **roasted cashews**.