



Caribbean Pork Rissoles

with Sweet Potato Wedges & Mango Mayo

Grab your Meal Kit with this symbol 



Sweet Potato



Parsley



Garlic



Tomato



Sweetcorn



Lemon



Pork Mince



Mild Caribbean Jerk Seasoning






Fine Breadcrumbs



Mixed Salad Leaves



Mango Mayonnaise

-  Hands-on: **20-30 mins**
-  Ready in: **40-50 mins**
-  Low Calorie

Give your rissoles a little island flair! Straight from the Caribbean, our jerk seasoning brings unmistakable flavour to these pork rissoles. Paired with a charred corn salad, roasted wedges and mango mayo, this is a colourful take on a classic Aussie dinner.

Pantry items

Olive Oil, Honey, 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
sweet potato	2	4
parsley	1 bag	1 bag
garlic	2 cloves	4 cloves
tomato	2	4
sweetcorn	1 tin (125g)	1 tin (300g)
lemon	½	1
honey*	1 tsp	2 tsp
pork mince	1 medium packet	1 large packet
mild Caribbean jerk seasoning	1 sachet	2 sachets
fine breadcrumbs	½ packet	1 packet
egg*	1	2
mixed salad leaves	1 bag (60g)	1 bag (120g)
mango	1 packet	1 packet
mayonnaise	(50g)	(100g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2297kJ (548Cal)	380kJ (90Cal)
Protein (g)	39.7g	6.6g
Fat, total (g)	19.8g	3.3g
- saturated (g)	6.8g	1.1g
Carbohydrate (g)	46.7g	7.7g
- sugars (g)	21.4g	3.5g
Sodium (mg)	1041mg	172mg

Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Bake the sweet potato wedges

Preheat the oven to **220°C/200°C fan-forced**. Cut the **sweet potato** (unpeeled) into 1cm wedges. Spread the wedges over two oven trays lined with baking paper. **Drizzle** with **olive oil**, season with a **pinch** of **salt** and **pepper** and toss to coat. Bake on the top shelf until tender, **25-30 minutes**.

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



2. Get prepped

While the wedges are baking, roughly chop the **parsley** leaves. Finely chop the **garlic** (or use a garlic press). Roughly chop the **tomato**. Drain the **sweetcorn**. Cut the **lemon** (see ingredients list) into wedges. In a medium bowl, combine a **squeeze** of **lemon juice**, **honey** and **1/2** the **parsley**. **Drizzle** with **olive oil**, season with **salt** and **pepper** and mix well.



3. Make the rissoles

In a large bowl, combine the **pork mince**, **garlic**, **mild Caribbean jerk seasoning**, **fine breadcrumbs** (see ingredients list), **egg** and the **remaining parsley**. Using damp hands, form heaped spoonfuls of the mixture into meatballs, then flatten to make 2cm-thick rissoles. Transfer to a plate. You should get about 4-5 rissoles per person.



4. Cook the rissoles

Heat a large frying pan over a high heat. Add the **sweetcorn** and cook until golden and lightly charred, **4-5 minutes**. Transfer to the bowl with the dressing. Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **pork rissoles** and cook until browned and cooked through, **4-5 minutes** each side. Transfer to a plate and cover to keep warm.

TIP: If your pan is getting crowded, cook in batches for the best results, adding more oil as needed.



5. Dress the salad

Add the **tomato** and **mixed salad leaves** to the bowl with the **corn** and **dressing** and toss to coat.



6. Serve up

Divide the Caribbean pork rissoles, sweet potato wedges and charred corn salad between plates. Serve with the **mango mayonnaise** and remaining lemon wedges.

TIP: For the low-calorie option, omit the mango mayonnaise.

Enjoy!