


# Nan's Pork Rissoles & Cheesy Fries

with Garden Salad & Dill-Parsley Mayo

Grab your Meal Kit with this symbol 



Potato



Garlic & Herb Seasoning



Shredded Cheddar Cheese



Tomato



Cucumber



Garlic



Pork Mince



Fine Breadcrumbs



Nan's Special Seasoning



Flaked Almonds



Mixed Salad Leaves



Dill & Parsley Mayonnaise

-  Hands-on: 20-30 mins
-  Ready in: 35-45 mins
-  Calorie Smart

Nan's special seasoning is full of flavour, thanks to paprika, pepper, onion and garlic, and when used to make these rissoles, it's simply heavenly! Add a medley of veggies and cheesy fries and it's satisfaction, guaranteed.

### Pantry items

Olive Oil, Egg, Balsamic Vinegar



## 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

Oven tray lined with baking paper · Large frying pan

## Ingredients

|                         | 2 People        | 4 People        |
|-------------------------|-----------------|-----------------|
| olive oil*              | refer to method | refer to method |
| potato                  | 2               | 4               |
| garlic & herb seasoning | 1 sachet        | 2 sachets       |
| shredded Cheddar cheese | 1 packet (50g)  | 1 packet (100g) |
| tomato                  | 1               | 2               |
| cucumber                | 1               | 2               |
| garlic                  | 1 clove         | 2 cloves        |
| pork mince              | 1 medium packet | 1 large packet  |
| fine breadcrumbs        | ½ packet        | 1 packet        |
| Nan's special seasoning | 1 sachet        | 2 sachets       |
| egg*                    | 1               | 2               |
| flaked almonds          | 1 packet        | 2 packets       |
| balsamic vinegar*       | ¾ tsp           | 1½ tsp          |
| mixed salad leaves      | 1 bag (30g)     | 1 bag (60g)     |
| dill & parsley          | 1 packet        | 1 packet        |
| mayonnaise              | (50g)           | (100g)          |

\*Pantry Items

## Nutrition

|                  | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 2676kJ (639Cal) | 515kJ (123Cal) |
| Protein (g)      | 44g             | 8.5g           |
| Fat, total (g)   | 32.9g           | 6.3g           |
| - saturated (g)  | 14.3g           | 2.8g           |
| Carbohydrate (g) | 39.1g           | 7.5g           |
| - sugars (g)     | 7.4g            | 1.4g           |
| Sodium (mg)      | 1010mg          | 194mg          |

## 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.

If you have any questions or concerns, please visit [hellofresh.com.au/contact](https://hellofresh.com.au/contact)

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## Bake the cheesy fries

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 1cm fries. Place on an oven tray lined with baking paper. Sprinkle with the **garlic & herb seasoning**, drizzle with **olive oil** and season with **salt**. Toss to coat. Bake until tender, **20-25 minutes**. In the last **8 minutes** of cook time, scatter the **shredded Cheddar cheese** over the **fries** then return to the oven and bake until melted and golden.

**TIP:** If your tray is getting crowded, divide the potato between two trays.



## Cook the rissoles

Heat a large frying pan over a medium-high heat. Add the **flaked almonds** and toast until golden, **2-3 minutes**. Transfer to a small bowl. Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **pork rissoles**, turning, until browned and cooked through, **9-10 minutes** (cook in batches if your pan is getting crowded). Transfer to a plate.



## Get prepped

While the fries are baking, roughly chop the **tomato** and **cucumber**. Finely chop the **garlic**.



## Make the salad

While the rissoles are cooking, combine the **balsamic vinegar** and a drizzle of **olive oil** in a medium bowl. Season with **salt** and **pepper**. Add the **mixed salad leaves, tomato** and **cucumber**. Toss to coat.



## Make the rissoles

In a medium bowl, combine the **pork mince, fine breadcrumbs** (see ingredients), **Nan's special seasoning, garlic** and **egg**, then season with **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.



## Serve up

Divide the cheesy fries, Nan's pork rissoles and salad between plates. Scatter the flaked almonds over the salad. Serve with the **dill & parsley mayonnaise**.

**TIP:** For the Calorie Smart option, serve without the dill & parsley mayonnaise and flaked almonds.

Enjoy!