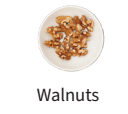
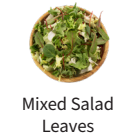
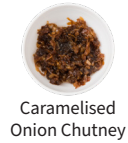
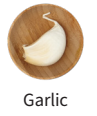


Pork & Caramelised Onion Rissoles

with Sweet Potato Fries & Fetta Walnut Salad

Grab your Meal Kit with this symbol



 Hands-on: **25-35 mins**
Ready in: **35-45 mins**

From the pork rissoles coated in caramelised onion chutney, to the baked sweet potato fries and fetta-adorned salad - these are just some of tonight's surprises you never knew you needed!

Pantry items

Olive Oil, Balsamic Vinegar, 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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
pear	1	2
carrot	1	2
garlic	1 clove	2 cloves
caramelised onion chutney	1 packet (40g)	2 packets (80g)
balsamic vinegar*	1 tsp	2 tsp
water*	2 tbs	¼ cup
pork mince	1 small packet	1 medium packet
fine breadcrumbs	1 medium packet	1 large packet
egg*	1	2
garlic & herb seasoning	1 sachet	2 sachets
mixed salad leaves	1 small bag	1 medium bag
balsamic vinaigrette dressing	1 packet	2 packets
walnuts	1 medium packet	1 large packet
fetta cubes	1 small packet	1 medium packet
garlic aioli	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3687kJ (881Cal)	606kJ (145Cal)
Protein (g)	39.6g	6.5g
Fat, total (g)	49.5g	8.1g
- saturated (g)	9.8g	1.6g
Carbohydrate (g)	64.5g	10.6g
- sugars (g)	34.2g	10.6g
Sodium (mg)	1140mg	187mg

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.

1



Bake the fries

Preheat the oven to **240°C/220°C fan-forced**. Cut the **sweet potato** into fries. Place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Bake until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide between two trays.

2



Get prepped

While the fries are baking, thinly slice the **pear**. Grate the **carrot**. Finely chop the **garlic**. In a small bowl, combine the **caramelised onion chutney**, **balsamic vinegar** and the **water**.

3



Make the rissoles

In a medium bowl, combine the **pork mince**, **garlic**, **fine breadcrumbs**, **egg** and **garlic & herb seasoning**. Season with **pepper**. 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 4-5 rissoles per person.

4



Cook the rissoles

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **rissoles**, in batches, until browned and cooked through, **3-4 minutes** each side. Remove the pan from the heat, then add the **caramelised onion mixture**, turning the **rissoles** to coat.

5



Toss the salad

While the rissoles are cooking, combine the **mixed salad leaves**, **pear** and **carrot** in a medium bowl. Add the **balsamic vinaigrette dressing**. Toss to coat.

6



Serve up

Roughly chop the **walnuts**. Divide the caramelised onion rissoles, sweet potato fries and salad between plates. Spoon any remaining sauce from the pan over the rissoles. Crumble the **fetta cubes** over the salad, then sprinkle with the walnuts. Serve with the **garlic aioli**.

Enjoy!

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