

Dinner - Red Curry Pork Rissoles & Coconut Rice

Lunch - Thai Pork Rissole Salad



Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Grab your Meal Kit with this symbol



Coconut Milk



Basmati Rice



Sweet Potato



Herbs



Green Beans



Broccoli



Pork Mince



Fine Breadcrumbs



Thai Red Curry Paste



Fresh Chilli (Optional)



Lime



Sweet Chilli Sauce

For your lunch



Snow Peas




Mixed Leaves



Roasted Cashews

DINNER

Prep in: **35-45** mins
Ready in: **45-55** mins

 Spicy (Thai red curry paste, optional fresh chilli)

LUNCH

Ready in: **10** mins

Cook an amazing dinner as usual, then put a new spin on the recipe to create something different for tomorrow's lunch. For dinner, serve the rich pork rissoles with fragrant coconut rice and plenty of green veggies. Then, serve the remaining rissoles over a sweet potato and cashew-adorned salad for lunch the next day. Too easy!

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

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
coconut milk	1 medium tin	1 large tin
water*	1 cup	1 ¼ cups
basmati rice	1 medium packet	1 large packet
sweet potato	2	2
herbs	1 stem	2 stems
green beans	1 small bag	1 medium bag
broccoli	1 head	2 heads
pork mince	1 medium packet	1 medium & 1 small packet
fine breadcrumbs	2 medium packets	3 medium packets
egg*	1	2
Thai red curry paste	¾ tin (75g)	1 tin (95g)
fresh chilli (optional)	1	2
lime	2	3
sweet chilli sauce	1 packet (100g)	3 packets (150g)
snow peas	1 small bag	1 small bag
mixed leaves	1 medium bag	1 medium bag
roasted cashews	2 medium packets	1 large packet

*Pantry items

Nutrition

Dinner	Per Serving	Per 100g
Avg Qty		
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

Avg Qty	Per Serving	Per 100g
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 (mg)	896mg	179mg

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.

If you have any questions or concerns, please visit hellofresh.com.au/contact

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1 Make the coconut rice

In a medium saucepan, add **coconut milk**, the **water** and a generous pinch of **salt**. Bring to the boil. Add **basmati rice**. Stir, cover with a lid and reduce the heat to low. Cook for **15 minutes**, then remove pan from heat. Keep covered until rice is tender and the water is absorbed, **10 minutes**.



4 Cook the veggies & rissoles

In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **broccoli** and **green beans** until almost tender, **5-6 minutes**. Season with **salt** and **pepper**, transfer to a plate and cover to keep warm. Return frying pan to a medium-high heat with a generous drizzle of **olive oil**. When **oil** is hot, cook **rissoles** in batches, turning occasionally, until browned all over and cooked through, **5-6 minutes**. Transfer to a plate.

TIP: The rissoles will char a little in the pan, this adds to the flavour!



2 Roast the sweet potato

While rice is cooking, preheat oven to **240°C/220°C fan-forced**. Cut **sweet potato** into bite-sized chunks. Place on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, then spread out in a single layer. Roast until tender, **20-25 minutes**. Allow to cool, then refrigerate until you're ready to pack lunch.



5 Serve up dinner

Thinly slice **fresh chilli** (if using). Reserve one **lime** for lunch, then slice remaining **lime** into wedges. Divide coconut rice between plates. Top with green veggies and some red curry pork rissoles (reserve two portions for lunch!). Sprinkle with chilli. Drizzle with 1/2 the **sweet chilli sauce** (reserve the rest for lunch!). Serve with lime wedges.



3 Prep the veggies & rissoles

SPICY! You may find the curry paste hot. Add less if you're sensitive to heat. While sweet potato is roasting, thinly slice **herbs**. Trim **green beans** and cut into halves. Cut **broccoli** into small florets and roughly chop the stalk. In a large bowl, combine **pork mince**, **fine breadcrumbs**, **egg**, **Thai red curry paste** (see ingredients) and **herbs**. Using damp hands, shape heaped tablespoons of the **mixture** into rissoles (6-8 per person) and set aside on a plate.



Make lunch

When you're ready to pack lunch, trim **snow peas**, then thinly slice lengthways. Juice reserved lime, then combine with reserved sweet chilli sauce. Divide sweet chilli-lime mixture between two containers. Divide **mixed leaves**, sweet potato and snow peas between the containers. Top with reserved Thai pork rissoles. At lunch, transfer rissoles to a microwave-safe plate and microwave until piping hot, **2-3 minutes**. Toss the salad. Top with rissoles and **roasted cashews** to serve.

Enjoy!