



**Dinner** - Saucy Mexican Pork Rissoles with Sweet Potato Fries & Salsa  
**Lunch** - Mexican Rissole Slaw with Sour Cream Dressing

Grab your Meal Kit with this symbol



Sweet Potato



Capsicum



Sweetcorn



Tomato



Coriander



Spring Onion



Garlic



Lime



Pork Mince



Tex-Mex Spice Blend



Fine Breadcrumbs



Enchilada Sauce

**FOR YOUR LUNCH**



Sour Cream



Cucumber



Slaw Mix



Fetta

Hands-on: **40-50 mins**  
 Ready in: **40-50 mins**

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. This week, enjoy some juicy pork rissoles with a zingy salsa, then devour a veggie-packed slaw with creamy fetta for lunch!

**Pantry items**

Olive Oil, Eggs

## 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
capsicum	1	2
sweetcorn	1 large tin	1 large & small tin
tomato	2	3
coriander	1 bag	1 bag
spring onion	1 bunch	2 bunches
garlic	2	3
lime	1	2
pork mince	1 large packet	1 large & small packet
Tex-Mex spice blend	2 sachets	3 sachets
eggs*	2	3
fine breadcrumbs	1 packet	2 packets
enchilada sauce	1 sachet (150g)	1 sachet (300g)
sour cream	1 sachet (200g)	2 sachets (300g)
cucumber	1	1
slaw mix	1 bag (200g)	1 bag (200g)
fetta	2 blocks (50g)	2 blocks (50g)

\*Pantry Items

### Nutrition

	DINNER	PER SERVING	PER 100G
Energy (kJ)		2580kJ (616Cal)	379kJ (90Cal)
Protein (g)		42.3g	6.2g
Fat, total (g)		25.1g	3.7g
- saturated (g)		10.8g	1.6g
Carbohydrate (g)		50.3g	7.4g
- sugars (g)		23.4g	3.4g
Sodium (g)		1100mg	162mg
	LUNCH		
Energy (kJ)	2430kJ (580Cal)		361kJ (86Cal)
Protein (g)	44.7g		6.6g
Fat, total (g)	30.9g		4.6g
- saturated (g)	14.7g		2.2g
Carbohydrate (g)	26.9g		4.0g
- sugars (g)	16.9g		2.5g
Sodium (g)	1380mg		205mg

### 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.

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## DINNER



### 1. Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **sweet potato** (unpeeled) into 1cm fries. Thinly slice the **capsicum** into strips. Drain the **sweetcorn**. Place the **sweet potato** onto an oven tray lined with baking paper. Place the **capsicum** and **corn** onto a second oven tray lined with baking paper. **Drizzle** both with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast until tender, **25-30 minutes**.

**TIP:** Cut the veggies to the correct size so they cook in the allocated time!



### 4. Cook the rissoles

Heat a large frying pan over a medium-high heat with a **generous drizzle** of **olive oil**. Working in batches, cook the **pork rissoles** until browned and cooked through, **4-5 minutes** each side. Set aside **2 portions** for lunch. Return the **remaining rissoles** to the pan, add the **enchilada sauce** and turn the rissoles to coat. Simmer until the sauce is heated through, **1 minute**.

**TIP:** Add extra oil if needed for the second batch.



### 2. Get prepped

While the veggies are roasting, roughly chop the **tomato** and **coriander**. Thinly slice the **spring onion**. Finely chop the **garlic** (or use a garlic press). Zest the **lime** and cut into wedges (set 2 portions aside for lunch). In a medium bowl, combine the **tomato**, **coriander** and **1/2** the **spring onion**.



### 5. Serve dinner

To the bowl with **tomato salsa**, add the **roast capsicum** and **sweetcorn**. Toss to combine and reserve 2 portions for lunch. Dress the **remaining salsa** with a **squeeze** of **lime juice**, a **drizzle** of **olive oil** and a **pinch** of **salt** and **pepper**. Divide the **enchilada pork rissoles**, **sweet potato fries** and **salsa** between plates. Serve with the **remaining lime wedges** and a dollop of **sour cream** (reserve 100g for lunch).



### 3. Make the rissoles

To large bowl, combine the **pork mince**, **Tex-Mex spice blend**, **eggs**, **fine breadcrumbs**, **garlic** and the **remaining spring onion**. Season with a **pinch** of **salt** and **pepper** and mix well. Using damp hands, form heaped spoonfuls of the **mixture** into meatballs then flatten to make 2cm-thick rissoles and set aside on a plate. You should get about 4-5 rissoles per person.

## LUNCH



### 6. Make lunch

When you're ready to pack your lunch, roughly chop the **cucumber**. Divide the **reserved sour cream**, **lime zest** and **reserved wedges**, a **drizzle** of **olive oil** and a **generous pinch** of **salt** and **pepper** between 2 containers. Stir to combine. Top with the **slaw mix**, reserved **salsa**, **cucumber**, **fetta** and **reserved pork rissoles**. Refrigerate. At lunch, remove the **pork rissoles** and microwave until piping hot, **2-3 minutes**. Toss the **salad** to combine. Season to taste. Top with the **rissoles**.

**TIP:** Packing the dressing on the bottom keeps the slaw crisp overnight!

Enjoy!