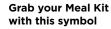


Dinner - Saucy Mexican Pork Rissoles with Sweet Potato Fries & Salsa Lunch - Mexican Rissole Slaw with Sour Cream Dressing









Sweet Potato







Sweetcorn







Spring Onion

Coriander





Lime

Garlic



Pork Mince



Tex-Mex Spice Blend



Fine Breadcrumbs



Enchilada Sauce

FOR YOUR LUNCH



Sour Cream



Cucumber



Slaw Mix

Fetta

Pantry items Olive Oil, Eggs

Before vou 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
refer to method	refer to method
2	4
1	2
1 large tin	1 large & small tin
2	3
1 bag	1 bag
1 bunch	2 bunches
2	3
1	2
1 large packet	1 large & small packet
2 sachets	3 sachets
2	3
1 packet	2 packets
1 sachet (150g)	1 sachet (300g)
1 sachet (200g)	2 sachets (300g)
1	1
1 bag (200g)	1 bag (200g)
2 blocks (50g)	2 blocks (50g)
	2 1 large tin 2 1 bag 1 bunch 2 1 large packet 2 sachets 2 1 packet 1 sachet (150g) 1 sachet (200g) 1 bag (200g)

^{*}Pantry Items

Nutrition

DINNER	PER SERVING	
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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

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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!



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.



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.



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.



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).



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!