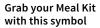
Teriyaki-Glazed Pork Rissoles with Garlic Rice & Asian Slaw



















Spring Onion





Ginger





Japanese Dressing





Pork Mince Fine Breadcrumbs





Teriyaki Sauce



Slaw Mix



Black Sesame Seeds

Pantry items

Olive Oil, Butter, 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

Medium saucepan with lid · Large frying pan

Ingredients

| in ign danor too | | | |
|---------------------------|-------------------|-------------------|--|
| | 2 People | 4 People | |
| olive oil* | refer to method | refer to method | |
| garlic | 2 cloves | 4 cloves | |
| butter* | 20g | 40g | |
| water* (for the rice) | 1½ cups | 3 cups | |
| salt* (for the rice) | 1/4 tsp | ½ tsp | |
| basmati rice | 1 packet | 2 packets | |
| pear | 1 | 2 | |
| spring onion | 2 stems | 4 stems | |
| lime | 1/2 | 1 | |
| ginger | 1 knob | 2 knobs | |
| Japanese dressing | ½ tub | 1 tub | |
| mayonnaise | ½ packet (20g) | 1 packet (40g) | |
| egg* | 1 | 2 | |
| pork mince | 1 small packet | 1 medium packet | |
| fine breadcrumbs | 1 packet | 2 packets | |
| salt* (for the pork) | 1/4 tsp | ½ tsp | |
| teriyaki sauce | ½ sachet | 1 sachet | |
| water* (for the sauce) | 1½ tbs | 3 tbs | |
| slaw mix | 1 bag (150g) | 1 bag (300g) | |
| black sesame seeds | ½ sachet | 1 sachet | |
| | | | |

^{*}Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g | |
|------------------|-----------------|-----------------------|--|
| Energy (kJ) | 3795kJ (907Cal) | 764kJ (182Cal) | |
| Protein (g) | 38.2g | 7.7g | |
| Fat, total (g) | 40.9g | 8.2g | |
| - saturated (g) | 13g | 2.6g | |
| Carbohydrate (g) | 90.9g | 18.3g | |
| - sugars (g) | 19.9g | 4g | |
| Sodium (mg) | 1464mg | 295mg | |

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.



Cook the garlic rice

Finely chop the **garlic**. In a medium saucepan, melt the **butter** over a medium-high heat. Add the **garlic** and cook until fragrant, **1 minute**. Add the **water (for the rice)** and **salt (for the rice)** and bring to the boil. Add the **basmati rice**, stir, cover with a lid and reduce the heat to low. Cook for **10 minutes**, then remove the pan from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!



Get prepped

While the rice is cooking, thinly slice the **pear** into matchsticks. Thinly slice the **spring onion**. Cut the **lime** into wedges. Finely grate the **ginger**. In a large bowl, combine the **Japanese dressing** (see ingredients), **mayonnaise** (see ingredients) and a generous squeeze of **lime juice**.



Make the rissoles

In a medium bowl, combine the egg, pork mince, spring onion, ginger, fine breadcrumbs, and the salt (for the pork). Using damp hands, shape heaped tablespoons of the mixture into meatballs, then flatten into 1cm-thick rissoles. Transfer to a plate.



Cook the rissoles

Heat a good drizzle of **olive oil** in a large frying pan over a medium-high heat. Cook the **pork rissoles**, turning occasionally, until browned and cooked through, **6-8 minutes** (cook in batches if your pan is getting crowded). Add the **teriyaki sauce** (see ingredients) and the **water** (**for the sauce**) to the pan, then remove from the heat. Turn the **patties** to coat in the glaze.



Dress the slaw

Add the **slaw mix**, **pear** and a sprinkle of the **black sesame seeds** to the **dressing** and toss to coat. Season to taste.



Serve up

Divide the garlic rice, pork rissoles and Asian slaw between plates. Sprinkle with a little of the black sesame seeds. Serve with any remaining lime wedges.

Enjoy!