






# Sichuan-Glazed Pork Rissoles

with Sesame Fries & Asian Slaw

Grab your Meal Kit with this symbol



-  Potato
-  Mixed Sesame Seeds
-  Pear
-  Celery
-  Fine Breadcrumbs
-  Japanese Dressing
-  Pork Mince
-  Sichuan Garlic Paste
-  Slaw Mix
-  Mayonnaise
-  Beef Mince

Prep in: **30-40 mins**  
Ready in: **40-50 mins**

Tonight's pork rissoles boast the bold flavours of Sichuan cuisine. Teamed with fragrant sesame fries and a crisp and colourful pear-adorned slaw, start salivating for a dinner that's definitely an escape from the ordinary!

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Rice Wine Vinegar (or White Wine Vinegar), Egg, Soy Sauce



## Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your veggies a wash.

## You will need

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
mixed sesame seeds	1 medium packet	1 large packet
pear	1	2
celery	1 medium packet	1 large packet
Japanese dressing	½ packet	1 packet
<b>rice wine vinegar*</b> (or <b>white wine vinegar</b> )	1 tsp	2 tsp
pork mince	1 small packet	1 medium packet
fine breadcrumbs	1 medium packet	1 large packet
<b>egg*</b>	1	2
<b>salt*</b>	¼ tsp	½ tsp
Sichuan garlic paste	1 packet	2 packets
<b>soy sauce*</b>	3 tsp	1 ½ tbs
<b>water*</b>	1 ½ tbs	3 tbs
slaw mix	1 small bag	1 large bag
mayonnaise	1 medium packet	1 large packet
beef mince**	1 medium packet	1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3390kJ (810Cal)	545kJ (130Cal)
Protein (g)	38.2g	6.1g
Fat, total (g)	45.4g	7.3g
- saturated (g)	8.6g	1.4g
Carbohydrate (g)	57.7g	9.3g
- sugars (g)	21.5g	3.5g
Sodium (mg)	1619mg	260mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3414kJ (816Cal)	549kJ (131Cal)
Protein (g)	41.7g	6.7g
Fat, total (g)	44.4g	7.1g
- saturated (g)	9g	1.4g
Carbohydrate (g)	57.7g	9.3g
- sugars (g)	21.5g	3.5g
Sodium (mg)	1621mg	261mg

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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns



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## Bake the sesame fries

- Preheat the oven to **240°C/220°C fan-forced**.
- Cut the **potato** into fries. Place on a lined oven tray. Drizzle with **olive oil** and season with **salt**. Sprinkle with the **mixed sesame seeds**.
- Toss to coat, then spread out in a single layer. Bake until tender, **20-25 minutes**.

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



## Cook the rissoles

- In a large frying pan, heat a good drizzle of **olive oil** over a medium-high heat.
- Cook **pork rissoles**, turning occasionally, until browned and cooked through, **6-8 minutes**. Remove the pan from the heat.
- Add **Sichuan garlic paste**, the **soy sauce** and the **water**, turning **rissoles** to coat.

**Custom Recipe:** Cook the beef rissoles in the same way as the pork rissoles.



## Get prepped

- While the fries are baking, slice **pear** into matchsticks.
- Thinly slice **celery**.
- In a large bowl, combine **Japanese dressing** (see ingredients) and the **rice wine vinegar**.



## Make the slaw

- To the bowl with the **dressing**, add **slaw mix**, **celery** and **pear**.
- Toss to coat. Season with **salt** and **pepper** to taste.



## Make the rissoles

- In a medium bowl, combine **pork mince**, **fine breadcrumbs**, **egg** and the **salt**.
- Using damp hands, shape heaped tablespoons of the **mixture** into meatballs, then flatten into 1cm-thick rissoles (4-5 per person). Transfer to a plate.

**Custom Recipe:** Use the beef mince in the same way as the pork mince.



## Serve up

- Divide Sichuan-glazed pork rissoles, sesame fries and Asian slaw between plates.
- Drizzle any remaining glaze from the pan over the rissoles.
- Serve with **mayonnaise**. Enjoy!

## Rate your recipe

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