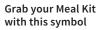


Sichuan-Glazed Pork Rissoles with Sesame Fries & Asian Slaw





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!

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

Inaredients

<u> </u>		
	2 People	4 People
olive oil*	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
rice wine vinegar* (or white wine vinegar)	1 tsp	2 tsp
pork mince	1 small packet	1 medium packet
fine breadcrumbs	1 medium packet	1 large packet
egg*	1	2
salt*	1⁄4 tsp	½ tsp
Sichuan garlic paste	1 packet	2 packets
soy sauce*	3 tsp	1 ½ tbs
water*	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.

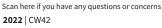
Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and

ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!





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.



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 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.



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.



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.



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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