



SOUTHWESTERN PORK & CORN RISSOLES

with Potato Wedges & BBQ Sauce



Bring the flavours of the south to pork rissoles



Potato



Dried Oregano



Garlic



Sweetcorn



Pork Mince



Fine Breadcrumbs



All-American Spice Blend



Tomato



Cucumber



Cos Lettuce Mix



Chives



BBQ Sauce

Hands-on: **25 mins**
Ready in: **35 mins**

Low calorie

We got inspired by our American friends and their use of smokey, sweet and spiced flavours in Southwestern meals. That's why these rissoles are studded with corn and served with herbed wedges for a new take on dinner that will quickly become an instant classic.

Pantry Staples: Olive Oil, Egg, Balsamic Vinegar, Honey

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **oven tray** lined with **baking paper** • **large frying pan**



1 ROAST THE POTATO

Preheat the oven to **240°C/220°C fan-forced**. Slice the **potato** (unpeeled) into 1cm wedges. Place the potato and **dried oregano** (see ingredients list) on an oven tray lined with baking paper. **Drizzle** with **olive oil** and season generously with **salt** and **pepper**. Toss to coat and spread in a single layer. Roast until tender, **25-30 minutes**.

TIP: Cut the potatoes to the correct size so they cook in the allocated time.



4 COOK THE RISSOLES

In a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. Add the **rissoles** and cook until browned, **4-5 minutes** each side. In the last **5 minutes** of cook time, add the **remaining sweetcorn** and cook, tossing occasionally, until golden, **4-5 minutes**.



2 PREP THE GARLIC & CORN

While the potato is roasting, finely chop the **garlic** (or use a garlic press). Drain the **sweetcorn**.



5 MAKE THE SALAD

While the rissoles are cooking, thinly slice the **tomato** into half-moons. Thinly slice the **cucumber**. In a medium bowl, combine the **balsamic vinegar**, **honey** and **olive oil** (**2 tsp for 2 people / 1 tbs for 4 people**). Season to taste with **salt** and **pepper**. Add the **cos lettuce mix**, tomato and cucumber to the bowl and toss to coat. **TIP:** Toss the salad just before serving to keep the leaves crisp! Finely chop the **chives**.



3 MAKE THE RISSOLES

In a medium bowl, combine the **pork mince**, **fine breadcrumbs**, **egg**, **All-American spice blend**, **garlic**, **1/2 the sweetcorn**, the **salt** and a **pinch of pepper**. Using damp hands, form spoonfuls of the mixture into meatballs, then flatten to make 2cm-thick rissoles. Set aside. You should get 4-5 rissoles per person.



6 SERVE UP

Divide the potato wedges, Southwestern pork rissoles and charred corn between plates. Spoon the BBQ sauce over the rissoles and sprinkle with chives. **TIP:** For the low-calorie option, serve without BBQ sauce. Serve with the salad.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
potato	2	4
dried oregano	½ sachet	1 sachet
garlic	1 clove	2 cloves
sweetcorn	1 tin (125 g)	1 tin (300 g)
pork mince	1 packet	1 packet
fine breadcrumbs	1 packet	2 packets
egg*	1	2
All-American spice blend	1 sachet	2 sachets
salt*	¼ tsp	½ tsp
tomato	1	2
cucumber	1	2
balsamic vinegar*	1½ tsp	3 tsp
honey*	¼ tsp	½ tsp
cos lettuce mix	1 bag (30 g)	1 bag (60 g)
chives	1 bunch	1 bunch
BBQ sauce	2 tubs (80 g)	2 tubs (140 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2270kJ (543Cal)	369kJ (88Cal)
Protein (g)	41.8g	6.8g
Fat, total (g)	17.8g	2.9g
- saturated (g)	5.1g	0.8g
Carbohydrate (g)	48.7g	7.9g
- sugars (g)	11.4g	1.8g
Sodium (g)	994mg	161mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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