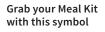


All-American Pork Rissoles

with Tomato Relish & Sweet Potato Wedges

KID FRIENDLY

BESTSELLER









Sweet Potato



Seasoning



Pork Mince









Fine Breadcrumbs





Cucumber



Mixed Salad Leaves



Tomato Relish





Prep in: 40-50 mins Ready in: 50-60 mins

Calorie Smart

Rissoles, that classic family staple, pair perfectly with our rich tomato relish and herby sweet potato wedges. A simple salad, dressed with vinegar, is all you need to round out the dish.



Pantry items

Olive Oil, Egg, Vinegar (White Wine or Balsamić)

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
sweet potato	2	4		
Nan's special seasoning	1 medium sachet	2 medium sachets OR 1 large sachet		
pork mince	1 small packet	2 small packets OR 1 large packet		
All-American spice blend	1 medium sachet	2 medium sachets OR 1 large sachet		
fine breadcrumbs	½ large packet	1 large packet		
egg*	1	2		
BBQ sauce	1 packet	2 packets		
cucumber	1	2		
carrot	1	2		
mixed salad leaves	1 small bag	1 medium bag		
vinegar* (white wine or balsamic)	drizzle	drizzle		
tomato relish	1 medium packet	2 medium packets		
beef mince**	1 small packet	2 small packets OR 1 large packet		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2584kJ (618Cal)	418kJ (100Cal)
Protein (g)	37.1g	6g
Fat, total (g)	18.2g	2.9g
- saturated (g)	6g	1g
Carbohydrate (g)	74.3g	12g
- sugars (g)	36.3g	5.9g
Sodium (mg)	1633mg	264mg
Dietary Fibre (g)	11.7g	1.9g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2610kJ (624Cal)	422kJ (101Cal)
Protein (g)	40.5g	6.6g
Fat, total (g)	17.2g	2.8g
- saturated (g)	6.4g	1g
Carbohydrate (g)	74.3g	12g
- sugars (g)	36.3g	5.9g
Sodium (mg)	1635mg	265mg

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!

Scan here if you have any questions or concerns





Bake the sweet potato wedges

- Preheat oven to 240°C/220°C fan-forced.
- · Cut sweet potato into wedges.
- Place wedges on a lined oven tray.
- Drizzle with olive oil, sprinkle over Nan's special seasoning and toss to coat.
- Bake until tender, 20-25 minutes.

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



Make the rissoles

- Meanwhile, in a medium bowl, combine pork mince, All-American spice blend, fine breadcrumbs (see ingredients) and the egg.
 Season and mix well.
- Using damp hands, roll heaped spoonfuls of mixture into meatballs (3-4 per person), then flatten to make 2cm-thick rissoles. Transfer to a plate.

Custom Recipe: If you've swapped to beef mince, prepare beef mince in the same way as the pork mince.



Cook the rissoles

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook rissoles, in batches, until browned and cooked through, 3-4 minutes each side. In the last minute of cook time, add BBQ sauce, turning rissoles to coat.

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



Prep the salad

- Meanwhile, roughly chop cucumber.
- Grate carrot.



Finish the salad

- In a large bowl, combine cucumber, carrot, mixed salad leaves, a drizzle of the vinegar and a drizzle of olive oil.
- · Season, then toss to combine.

Little cooks: Take charge by tossing the salad!



Serve up

- Divide All-American pork rissoles, sweet potato wedges and salad between plates.
- · Serve with tomato relish. Enjoy!

Little cooks: Add the finishing touch by dolloping over the tomato relish!

Did we make your tastebuds happy?
Let our culinary team know: hellofresh.com.au/rate