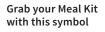


# All-American Pork Rissoles

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

ingi calcino			
	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	

<sup>\*</sup>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