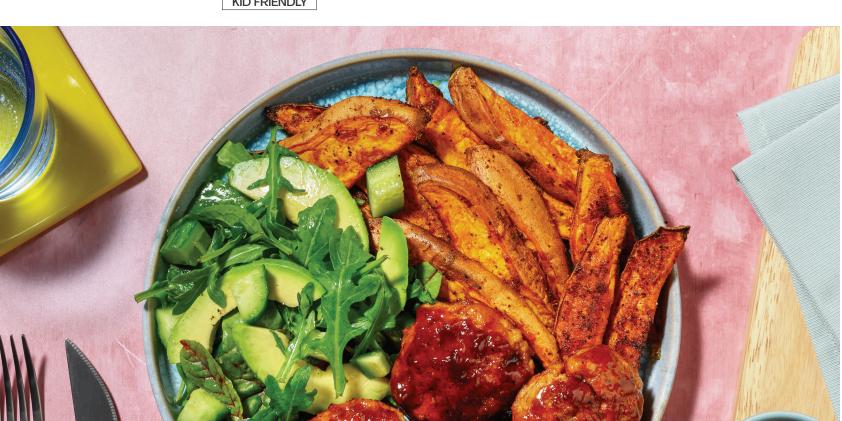


All-American Pork Rissoles & Avocado Salad

with Tomato Relish & Sweet Potato Wedges

KID FRIENDLY



Grab your Meal Kit with this symbol







Sweet Potato



Seasoning











Fine Breadcrumbs





Cucumber



Mixed Salad



Tomato Relish





Prep in: 20-30 mins Ready in: 25-35 mins

Calorie Smart* *Custom recipe is not 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	1 large sachet		
pork mince	1 small packet	2 small packets OR 1 large packet		
All-American spice blend	1 medium sachet	1 large sachet		
fine breadcrumbs	½ large packet	1 large packet		
egg*	1	2		
BBQ sauce	1 packet	2 packets		
cucumber	1	2		
avocado	1	2		
mixed salad leaves	1 medium bag	1 large 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)	2703kJ (646Cal)	460kJ (110Cal)
Protein (g)	37.6g	6.4g
Fat, total (g)	23.5g	4g
- saturated (g)	6.8g	1.2g
Carbohydrate (g)	68.9g	11.7g
- sugars (g)	31.1g	5.3g
Sodium (mg)	1598mg	272mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2730kJ (652Cal)	464kJ (111Cal)
Protein (g)	41g	7g
Fat, total (g)	22.6g	3.8g
- saturated (g)	7.3g	1.2g
Carbohydrate (g)	68.9g	11.7g
- sugars (g)	31.1g	5.3g
Sodium (mg)	1599mg	272mg

The quantities provided above are averages only.

Allergens

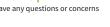
Always read product labels for the most up-to-date allergen information.

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!

2023 | CW50

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

- · While the wedges are baking, 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.

Little cooks: Join the fun by helping rolling the rissole mixture! Make sure to wash your hands well.

Custom Recipe: If you've swapped to beef mince, prepare the 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.
- · Slice avocado in half, scoop out flesh and thinly slice.



Finish the salad

- In a large bowl, combine **cucumber**, **avocado**, mixed salad leaves and a drizzle of the vinegar and 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 avocado 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

