



All-American Pork Rissoles & Avocado Salad

with Tomato Relish & Sweet Potato Wedges

KID FRIENDLY

Grab your Meal Kit with this symbol



Sweet Potato



Nan's Special Seasoning



Pork Mince



All-American Spice Blend



Fine Breadcrumbs



BBQ Sauce



Cucumber



Avocado



Mixed Salad Leaves



Tomato Relish



Beef Mince

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.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

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

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

	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!

Scan here if you have any questions or concerns



1



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.

4



Prep the salad

- Meanwhile, roughly chop **cucumber**.
- Slice **avocado** in half, scoop out flesh and thinly slice.

2



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.

5



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!

3



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.

6



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.

Rate your recipe

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