

# Almond & Currant-Stuffed Pork Rissoles

with Crunchy Cos Salad, Onion Chutney & Sweet Potato Fries

CHRISTMAS IN JULY

NEW

KID FRIENDLY



Grab your meal kit with this number









**Sweet Potato** 



Baby Cos



Lettuce





Roasted Almonds





Fine Breadcrumbs

Pork Mince





Blend



Onion Chutney



Currants

Dill & Parsley Mayonnaise





#### **Pantry items**

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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 caicitts			
	2 People	4 People	
olive oil*	refer to method	refer to method	
sweet potato	2	4	
apple	1	2	
baby cos lettuce	½ head	1 head	
roasted almonds	1 medium packet	1 large packet	
pork mince	1 medium packet	2 medium packets OR 1 large packet	
fine breadcrumbs	1 medium packet	1 large packet	
egg*	1	2	
Aussie spice blend	1 medium sachet	2 medium sachets	
currants	1 medium packet	1 large packet	
vinegar* (white wine or balsamic)	drizzle	drizzle	
onion chutney	1 packet	2 packets	
dill & parsley mayonnaise	1 medium packet	1 large packet	

#### \*Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3484kJ (833Cal)	586kJ (140Cal)
Protein (g)	39.1g	6.6g
Fat, total (g)	47.7g	8g
- saturated (g)	8.5g	1.4g
Carbohydrate (g)	62.7g	10.5g
- sugars (g)	33g	5.5g
Sodium (mg)	809mg	136mg
Dietary Fibre (g)	13.9g	2.3g

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.



# Bake the sweet potato fries

- Preheat oven to 240°C/220°C fan-forced. Cut sweet potato into fries.
- Place **fries** on a lined oven tray. Drizzle generously with olive oil, season with salt and pepper and toss to coat.
- · Spread out evenly, then bake until tender, 20-25 minutes.



# Get prepped

- Meanwhile, thinly slice apple.
- Finely shred baby cos lettuce (see ingredients).
- Roughly chop roasted almonds.



# Prep the rissoles

- In a medium bowl, combine pork mince, fine breadcrumbs, the egg, Aussie spice blend, almonds, currants and a pinch of salt and pepper.
- Using damp hands, roll heaped spoonfuls of pork mixture into rissoles, then flatten to make 2cm-thick rissoles (3-4 per person). Transfer to a plate.

**Little cooks:** Join the fun by helping combine the ingredients and shaping the mixture into rissoles!



#### 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.



#### Make the salad

· Meanwhile, combine apple, cos lettuce and a drizzle of vinegar and olive oil in a second medium bowl. Season to taste.

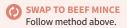


# Serve up

- Divide almond and currant-stuffed pork rissoles, apple salad and fries between plates.
- Top rissoles with **onion chutney**. Serve with dill & parsley mayonnaise. Enjoy!

**Little cooks:** Add the finishing touch by spooning over the relish!





If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

