



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

13



Sweet Potato



Apple



Baby Cos Lettuce



Roasted Almonds



Pork Mince



Fine Breadcrumbs



Aussie Spice Blend



Currants



Onion Chutney



Dill & Parsley Mayonnaise



Pork Mince



Beef Mince

Prep in: 20-30 mins
Ready in: 30-40 mins

Celebrate the chilly weather and pretend you're in a Christmas carol! This simple yet special meal is full of festive flavours and brings some yuletide cheer to the middle of the year.

Pantry items

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

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

	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.

1



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 with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Spread out evenly, then bake until tender, **20-25 minutes**.

4



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.

2



Get prepped

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

5



Make the salad

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

3



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 balls, 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!

6



Serve up

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

Little cooks: Add the finishing touch by spooning over the chutney and herby mayonnaise!

We're here to help!

Scan here if you have any questions or concerns



CUSTOM OPTIONS



DOUBLE PORK MINCE

Follow method above, cooking in batches if necessary.



SWAP TO BEEF MINCE

Follow method above.

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

