

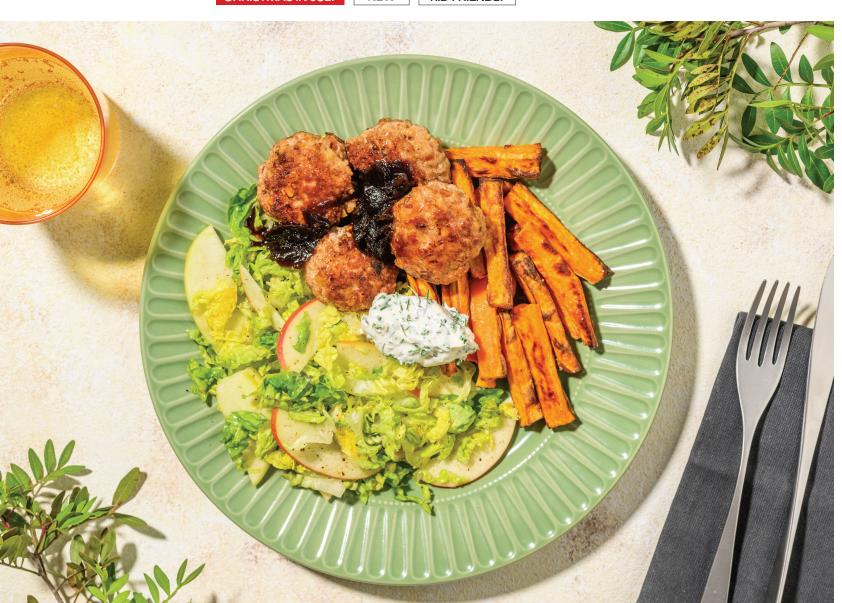
Almond & Currant-Stuffed Pork Rissoles

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



Roasted Almonds



Lettuce





Pork Mince



Fine Breadcrumbs



Aussie Spice



Currants

Blend



Onion Chutney



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

9		
	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 allerg

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 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 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!



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, 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!



