

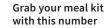
# Pork Rissoles & Katsu Coconut Sauce

with Sesame Sweet Potato Fries & Radish Salad

**NEW** 

AIR FRYER FRIENDLY

KID FRIENDLY







Sweet Potato



Mixed Sesame Seeds



Celery



Tomato





Pork Mince

Red Radish





Seasoning

Fine Breadcrumbs



Katsu Paste



Coconut Milk



Mixed Salad Leaves





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



Rissoles, that classic family staple, gets a dash of sweetness with a delicous katsu coconut sauce drizzled over the top. With sesame sweet potato fries and a fresh radish salad, this meal shines a whole new light on a tried-and-true dinner.

#### **Pantry items**

Olive Oil, Egg, Brown Sugar, Vinegar (White Wine or Rice Wine)

## 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

Air fryer or oven tray lined with baking paper · Large frying

# Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
mixed sesame seeds	1 medium sachet	1 large sachet
celery	1 medium packet	1 large packet
tomato	1	2
red radish	1	2
pork mince	1 medium packet	2 medium packets OR 1 large packet
fine breadcrumbs	1 medium packet	1 large packet
sweet soy seasoning	1 sachet	2 sachets
egg*	1	2
katsu paste	1 packet	2 packets
coconut milk	1 packet	2 packets
brown sugar*	½ tsp	1 tsp
mixed salad leaves	1 small packet	1 medium packet
vinegar* (white wine or rice wine)	drizzle	drizzle

<sup>\*</sup>Pantry Items

## **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2968kJ (709Cal)	480kJ (115Cal)
Protein (g)	38.4g	6.2g
Fat, total (g)	38.7g	6.3g
- saturated (g)	21.7g	3.5g
Carbohydrate (g)	50.6g	8.2g
- sugars (g)	20.6g	3.3g
Sodium (mg)	1667mg	269mg
Dietary Fibre (g)	9.3g	1.5g

The quantities provided above are averages only.

ingredient, please be aware allergens may have changed.

## 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



## Bake the sesame fries

- · Cut sweet potato into fries. In a medium bowl, combine fries, mixed sesame seeds, a drizzle of olive oil and a pinch of salt.
- Set air fryer to 200°C. Place fries into the air fryer basket and cook for 10 minutes. Shake the basket, then cook until golden, a further 10-15 minutes.

TIP: No air fryer? Preheat oven to 240°C/220°C fan-forced. Place fries on a lined oven tray. Season with salt, drizzle with olive oil, sprinkle over mixed sesame seeds and toss to coat. Bake until tender, 20-25 minutes.

TIP: If your oven tray/basket is crowded, cook fries in batches for best results.



## Get prepped

- · Meanwhile, finely chop celery.
- · Cut tomato into thin wedges.
- Thinly slice red radish.
- In a medium bowl, combine pork mince, fine breadcrumbs, sweet soy seasoning and
- 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.



## Cook the pork rissoles

- In a large frying pan, heat a drizzle of olive oil over medium-high heat.
- · Cook rissoles, tossing, until browned and cooked through, **3-4 minutes** each side. Transfer to a paper towel-lined plate.

TIP: Cook the rissoles in batches if your pan is getting crowded.



## Make the katsu sauce

- · Wipe out frying pan and return to medium-high heat.
- Cook katsu paste, coconut milk and the brown sugar, stirring, until slightly thickened, 2-3 minutes.



## Toss the salad

 In a second medium bowl, combine celery, tomato, radish, mixed salad leaves and a drizzle of vinegar and olive oil. Season to taste.



## Serve up

- Divide pork rissoles, sesame sweet potato fries and radish salad between plates.
- Pour katsu sauce over rissoles to serve. Enjoy!



