

Homemade Pork Croquettes & Quick Gravy

with Dijon Mash & Steamed Veggies

SKILL UP

Grab your meal kit with this number

37



Potato



Green Beans



Carrot



Pork Mince



Herb & Mushroom Seasoning



Dijon Mustard



Crispy Shallots



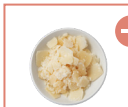
Parmesan Cheese



Panko Breadcrumbs



Gravy Granules



Parmesan Cheese



Beef Mince

Prep in: 25-35 mins
Ready in: 30-40 mins

Here to challenge your inner chef, our new 'skill up' recipes will take you from zero to hero. These golden croquettes may sound fancy but they're super simple and satisfying to make! Learn how to whip up these pork and potato packed delights encrusted with breadcrumbs and served with creamy mash, tender veggies and velvety gravy.

Pantry items

Olive Oil, Milk, Butter, Plain Flour, Egg

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

Large saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	3	6
green beans	1 medium packet	2 medium packets
carrot	1	2
pork mince	1 medium packet	2 medium packets OR 1 large packet
herb & mushroom seasoning	1 sachet	2 sachets
milk*	2 tbs	¼ cup
butter*	40g	80g
Dijon mustard	1 packet	2 packets
crispy shallots	1 medium sachet OR ½ large sachet	1 large sachet
Parmesan cheese	1 medium packet	1 large packet
plain flour*	2 tbs	¼ cup
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
gravy granules	1 medium sachet	1 large sachet
boiling water*	½ cup	1 cup

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3942kJ (942cal)	410kJ (98cal)
Protein (g)	46.1g	4.8g
Fat, total (g)	55.3g	5.8g
- saturated (g)	23.5g	2.4g
Carbohydrate (g)	72.3g	7.5g
- sugars (g)	17.4g	1.8g
Sodium (mg)	1488mg	154.8mg
Dietary Fibre (g)	12.1g	1.3g

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.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW38



1 Steam the veggies

- Boil the kettle.
- Peel **potato** and cut into large chunks. Trim **green beans**. Thinly slice **carrot** into rounds.
- Half-fill a large saucepan with boiling water, then add a generous pinch of **salt**.
- Cook **potato** in the boiling water for **6 minutes**. Place a colander or steamer basket on top, then add **green beans** and **carrot**.
- Cover and steam until veggies are tender, and potatoes are easily pierced with a knife, for another **7-8 minutes**. Transfer veggies to a bowl. Season with **salt** and **pepper**, drizzle with **olive oil** and cover to keep warm.



4 Fry the croquettes

- Wipe out frying pan and return to medium-high heat with enough **olive oil** to coat the base.
- Cook **croquettes** in batches, turning occasionally, until golden and cooked through, **4-6 minutes**. Transfer to a paper towel-lined plate.

TIP: Add extra oil if needed so the croquettes do not stick to the pan.



2 Make the mash & pork mixture

- While the veggies are steaming, in a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **pork mince**, breaking up with a spoon, until just browned, **3-4 minutes**.
- Add **herb & mushroom seasoning** and cook until fragrant, **1 minute**. Transfer to a medium bowl. Season with **pepper**.
- Once potatoes are done, drain and return to saucepan. Add the **milk**, **butter**, **Dijon mustard**, and a good pinch of **salt**, then mash until smooth. Cover to keep warm.
- To bowl with pork, add **crispy shallots**, **Parmesan cheese** and some **mashed potato** (¾ cup for 2 people / 1½ cups for 4 people). Mix until well combined. Set aside to cool slightly.



5 Make the gravy

- In a medium heatproof bowl, combine **gravy granules** and the **boiling water** (½ cup for 2 people / 1 cup for 4 people), whisking, until smooth, **1 minute**.



3 Crumb the pork

- Once **pork mixture** has cooled enough to handle, shape **pork mixture** into 2cm-thick oval croquettes (4-5 per person).
- In a shallow bowl, combine the **plain flour** and a pinch of **salt**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place **panko breadcrumbs**.
- Dip **croquettes** into the **flour mixture** to coat, then into the **egg** and finally into the **breadcrumbs**. Set aside on a plate.



6 Serve up

- Divide remaining Dijon mash, homemade pork croquettes and steamed veggies between plates.
- Pour over gravy to serve. Enjoy!

CUSTOM
OPTIONS

+ DOUBLE PARMESAN CHEESE
Follow method above.

↻ 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.

