Pork Rissoles & Japanese Curry Sauce

with Sesame Sweet Potato Fries & Cucumber Salad

KID FRIENDLY | AIR FRYER FRIENDLY

Grab your meal kit with this number **1**

- Sweet Potato
- Mixed Sesame Seeds
- Celery
- Tomato
- Cucumber
- Pork Mince
- Fine Breadcrumbs
- Sweet Soy Seasoning
- Japanese Curry Paste
- Coconut Milk
- Mixed Salad Leaves
- Beef Mince
- Pork Mince

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

Protein Rich

Rissoles, that classic family staple, gets a dash of sweetness with a delicious Japanese curry sauce drizzled over the top. With sesame sweet potato fries and a fresh cucumber 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 pan

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
cucumber	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
Japanese curry 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

****Pantry Items***

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2956kJ (442cal)	442kJ (66cal)
Protein (g)	38.5g	5.8g
Fat, total (g)	37.9g	5.7g
- saturated (g)	21g	3.1g
Carbohydrate (g)	51.6g	7.7g
- sugars (g)	21.5g	3.2g
Sodium (mg)	1671mg	249.8mg
Dietary Fibre (g)	9.8g	1.5g

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

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1

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.*

2

Get prepped

- Meanwhile, finely chop **celery**.
- Cut **tomato** into thin wedges.
- Slice **cucumber** into rounds.
- In a second medium bowl, combine **pork mince**, **fine breadcrumbs**, **sweet soy seasoning** and the **egg**.
- 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.

3

Cook the pork 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. Transfer to a paper towel-lined plate.

TIP: *If your pan is crowded, cook in batches for best results!*

4

Make the curry sauce

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

5

Toss the salad

- In a third medium bowl, combine **celery**, **tomato**, **cucumber**, **mixed salad leaves** and a drizzle of **vinegar** and **olive oil**. Season to taste.

6

Serve up

- Divide pork rissoles, sesame sweet potato fries and cucumber salad between plates.
- Pour Japanese curry sauce over the rissoles to serve. Enjoy!

CUSTOM OPTIONS

SWAP TO BEEF MINCE
Follow method above.

DOUBLE PORK MINCE
Follow method above, cooking in batches if necessary.

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