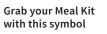


# All-American Pork Rissoles

with Tomato Relish & Sweet Potato Wedges

KID FRIENDLY

DIETITIAN APPROVED









Sweet Potato



Seasoning



Pork Mince



All-American

Spice Blend





Fine Breadcrumbs





**BBQ Sauce** 

Cucumber



Mixed Salad Leaves



Tomato Relish





Prep in: 40-50 mins Ready in: 50-60 mins

Calorie Smart

Rissoles, that classic family staple, pair perfectly with our rich tomato relish and herby sweet potato wedges. A simple salad, dressed with vinegar, is all you need to round out the dish.



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

#### Before you start

Wash your hands and any fresh food.

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

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<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2411kJ (576Cal)	398kJ (95Cal)
Protein (g)	35.8g	5.9g
Fat, total (g)	18.1g	3g
- saturated (g)	6g	1g
Carbohydrate (g)	65.6g	10.8g
- sugars (g)	35.9g	5.9g
Sodium (mg)	1539mg	254mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2437kJ (582Cal)	<b>402kJ</b> (96Cal)
Protein (g)	39.2g	6.5g
Fat, total (g)	17.1g	2.8g
- saturated (g)	6.4g	1.1g
Carbohydrate (g)	65.6g	10.8g
- sugars (g)	35.9g	5.9g
Sodium (mg)	1541mg	255mg

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.



### Bake the sweet potato wedges

- Preheat oven to 240°C/220°C fan-forced.
- · Cut sweet potato into wedges.
- Place wedges on a lined oven tray.
- Drizzle with olive oil, sprinkle over Nan's special seasoning and toss to coat.
- Bake until tender, 20-25 minutes.

**TIP:** If your oven tray is crowded, divide the wedges between two trays.



#### Make the rissoles

- In a medium bowl, combine pork mince,
  All-American spice blend, fine breadcrumbs
  and the egg. Season and mix well.
- 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.

**Little cooks:** Join the fun by helping combine and roll the rissole mixture! Make sure to wash your hands well afterwards.

**Custom Recipe:** If you've swapped to beef mince, prepare the beef mince in the same way as the pork mince.



#### 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. In the last minute of cook time, add BBQ sauce, turning rissoles to coat.

**Custom Recipe:** Cook beef rissoles the same way as the pork rissoles.



# Prep the salad

- Meanwhile, roughly chop cucumber.
- Grate carrot.



# Finish the salad

- In a large bowl, combine cucumber, carrot, mixed salad leaves, a drizzle of the vinegar and a drizzle of olive oil.
- · Season, then toss to combine.

**Little cooks:** Take charge by tossing the salad!



### Serve up

- Divide All-American pork rissoles, sweet potato wedges and salad between plates.
- · Serve with tomato relish. Enjoy!

**Little cooks:** Add the finishing touch by dolloping over the tomato relish!

Scan here if you have any questions or concerns



