



# All-American Pork Rissoles

with Tomato Relish & Sweet Potato Wedges

KID FRIENDLY

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Sweet Potato



Nan's Special Seasoning



Pork Mince



All-American Spice Blend



Fine Breadcrumbs



BBQ Sauce



Cucumber



Carrot



Mixed Salad Leaves



Tomato Relish



Beef Mince

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



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.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

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

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
sweet potato	2	4
Nan's special seasoning	1 medium sachet	1 large sachet
pork mince	1 small packet	1 medium packet
All-American spice blend	1 medium sachet	1 large sachet
fine breadcrumbs	1 medium packet	1 large packet
<b>egg*</b>	1	2
BBQ sauce	1 packet	2 packets
cucumber	1	2
carrot	1	2
mixed salad leaves	1 small bag	1 medium bag
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
tomato relish	1 medium packet	2 medium packets
beef mince**	1 small packet	1 medium packet

\*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)	402kJ (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](https://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



## 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.



## Prep the salad

- Meanwhile, roughly chop **cucumber**.
- Grate **carrot**.



## 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.



## 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!



## 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.



## 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!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)