



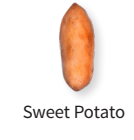
Pork Rissoles & Cheesy Fries

with Nutty Salad & Dill-Parsley Mayo

KID FRIENDLY



Grab your Meal Kit with this symbol



Sweet Potato



Carrot



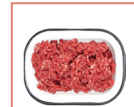
Nan's Special Seasoning



Flaked Almonds



Pork Mince



Beef Mince



Garlic & Herb Seasoning



Fine Breadcrumbs



Mixed Salad Leaves



Shaved Parmesan Cheese



Dill & Parsley Mayonnaise

Prep in: 20-30 mins
Ready in: 35-45 mins

Tender and flavourful pork rissoles are the star of the show tonight. Just add cheese-loaded fries and an almond-adorned salad for satisfaction, guaranteed.

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)

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

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
garlic & herb seasoning	1 medium sachet	1 large sachet
shaved Parmesan cheese	1 packet (26g)	1 packet (52g)
carrot	1	2
pork mince	1 small packet	1 medium packet
fine breadcrumbs	1 medium packet	1 large packet
Nan's special seasoning	1 medium sachet	1 large sachet
egg*	1	2
vinegar* (white wine or balsamic)	drizzle	drizzle
mixed salad leaves	1 medium bag	1 large bag
dill & parsley mayonnaise	1 medium packet	1 large packet
flaked almonds	1 medium packet	1 large packet
beef mince**	1 small packet	1 medium packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3070kJ (734Cal)	570kJ (136Cal)
Protein (g)	41g	7.6g
Fat, total (g)	40.2g	7.5g
- saturated (g)	10g	1.9g
Carbohydrate (g)	51.7g	9.6g
- sugars (g)	20.6g	3.8g
Sodium (mg)	1257mg	233mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3096kJ (740Cal)	574kJ (137Cal)
Protein (g)	44.4g	8.2g
Fat, total (g)	39.2g	7.3g
- saturated (g)	10.4g	1.9g
Carbohydrate (g)	51.7g	9.6g
- sugars (g)	20.6g	3.8g
Sodium (mg)	1259mg	234mg

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



Bake the cheesy fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **sweet potato** into fries.
- Place **fries** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **garlic & herb seasoning** and season with **salt**. Toss to coat.
- Bake until tender, **20-25 minutes**.
- In the last **5 minutes**, sprinkle **shaved Parmesan cheese** over **fries**. Bake until cheese is melted and golden, a further **5 minutes**.

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



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.

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



Get prepped

- Meanwhile, grate **carrot**.



Make the salad

- Meanwhile, combine a drizzle of the **vinegar** and **olive oil** in a medium bowl.
- Season, then add **mixed salad leaves** and **carrot**. Toss to coat.

Little cooks: Help combine the dressing and toss the salad!



Make the rissoles

- In a large bowl, combine **pork mince**, **fine breadcrumbs**, **Nan's special seasoning**, the **egg** and a generous pinch of **salt**.
- Using damp hands, form heaped spoonfuls of **mixture** into meatballs, then flatten to make 2cm-thick **rissoles** (3-4 per person).
- Set aside on a plate.

Custom Recipe: If you've swapped to beef mince, make the beef rissoles the same way as the pork rissoles.



Serve up

- Divide pork rissoles, cheesy fries and salad between plates.
- Drizzle **dill & parsley mayonnaise** over rissoles.
- Sprinkle **flaked almonds** over salad to serve. Enjoy!

Little cooks: Add the finishing touch by drizzling the mayo and sprinkling the almonds on top!

Rate your recipe

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