



Caribbean Pork Rissoles & Wedges

with Charred Corn Salad & Mango Mayo

Grab your Meal Kit with this symbol



Potato



Corn



Garlic



Cucumber



Pork Mince



Mild Caribbean Jerk Seasoning



Fine Breadcrumbs



Mixed Salad Leaves



Mango Mayonnaise

Hands-on: 20-30 mins
 Ready in: 40-50 mins

Calorie Smart

Give your rissoles some island flair with our Caribbean jerk seasoning, sure to bring the flavour to your table. Complete with hand cut wedges, a juicy corn salad and our sweet and tangy mango mayo, this dish tastes like a holiday.

Pantry items

Olive Oil, White Wine Vinegar, Honey, Egg

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
potato	2	4
corn	1 cob	2 cobs
garlic	2 cloves	4 cloves
cucumber	1	2
white wine vinegar*	drizzle	drizzle
honey*	1 tsp	2 tsp
pork mince	1 small packet	1 medium packet
mild Caribbean jerk seasoning	1 sachet	2 sachets
fine breadcrumbs	½ medium packet	1 medium packet
egg*	1	2
mixed salad leaves	1 medium bag	1 large bag
mango	1 packet	1 packet
mayonnaise	(50g)	(100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2539kJ (607Cal)	452kJ (108Cal)
Protein (g)	37.8g	6.7g
Fat, total (g)	29.1g	5.2g
- saturated (g)	7.1g	1.3g
Carbohydrate (g)	45.2g	8g
- sugars (g)	12.2g	8g
Sodium (mg)	924mg	165mg

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 wedges & corn

Preheat the oven to **220°C/200°C fan-forced**. Cut the **potato** into wedges. Place the **potato** and **corn** on a lined oven tray. Drizzle with **olive oil** and season with **salt**. Toss to coat. Spread out evenly and bake until tender, **25-30 minutes**.



Cook the rissoles

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **rissoles** until browned and cooked through, **4-5 minutes** each side. Remove from the heat.



Prep the veggies

While the wedges and corn are baking, finely chop the **garlic**. Thinly slice the **cucumber** into half-moons. In a medium bowl, combine the **white wine vinegar** and **honey** with a drizzle of **olive oil**. Season with **salt** and **pepper**, then stir to combine.



Make the salad

Carefully slice the cooked **corn** kernels off the cob. Combine the **dressing** with the **corn**, **cucumber** and **mixed salad leaves**, tossing to coat.



Make the rissoles

In a large bowl, combine the **pork mince**, **garlic**, **mild Caribbean jerk seasoning**, **fine breadcrumbs** (see ingredients) and **egg**. Using damp hands, form heaped spoonfuls of the **rissole mixture** into meatballs, then flatten to make 2cm-thick rissoles. Transfer to a plate. You should get 4-5 rissoles per person.



Serve up

Divide the Caribbean pork rissoles, wedges and charred corn salad between plates. Serve with the **mango mayonnaise**.

Enjoy!

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