

# Caribbean-Spiced Pork Rissoles

with Wedges, Corn Salad & Mango Mayo

Grab your Meal Kit with this symbol



Potato



Garlic



Tomato



Sweetcorn



Mild Caribbean Jerk Seasoning



Fine Breadcrumbs



Mixed Salad Leaves



Pork Mince



Mango Mayonnaise

Prep in: 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, Honey, White Wine Vinegar, 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
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
garlic	2 cloves	4 cloves
tomato	1	2
sweetcorn	1 tin (125g)	1 tin (300g)
<b>honey*</b>	1 tsp	2 tsp
<b>white wine vinegar*</b>	drizzle	drizzle
pork mince	1 small packet	1 medium packet
mild Caribbean jerk seasoning	1 medium sachet	1 large sachet
fine breadcrumbs	½ medium packet	1 medium packet
<b>egg*</b>	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)	2676kJ (640Cal)	487kJ (116Cal)
Protein (g)	36.6g	6.7g
Fat, total (g)	35g	6.4g
- saturated (g)	8g	1.5g
Carbohydrate (g)	42.4g	7.7g
- sugars (g)	12.8g	2.3g
Sodium (mg)	1062mg	193mg

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.

1



## Bake the wedges

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into wedges.
- Place **wedges** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Bake until tender, **20-25 minutes**.

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

2



## Get prepped

- Meanwhile, finely chop **garlic**. Roughly chop **tomato**. Drain **sweetcorn**.
- In a large bowl, combine the **honey** and a drizzle of **white wine vinegar** and **olive oil**. Season with **salt** and **pepper**. Set aside.

3



## Char the corn

- Heat a large frying pan over high heat.
- Cook **corn kernels** until lightly browned, **4-5 minutes**.
- Transfer to the bowl with the **honey-vinegar dressing**.

**TIP:** Cover the pan with a lid if the kernels are "popping" out.

4



## Cook the rissoles

- In a second large bowl, combine **pork mince**, **garlic**, **mild Caribbean jerk seasoning**, **fine breadcrumbs** (see ingredients) and the **egg**.
- Using damp hands, form heaped spoonfuls of **mixture** into meatballs, then flatten to make 2cm-thick rissoles (3-4 per person). Transfer to a plate.
- Return pan to medium-high heat with a drizzle of **olive oil**. Cook **rissoles**, in batches, until browned and cooked through, **4-5 minutes** each side. Remove from heat.

5



## Toss the salad

- When the rissoles are almost ready, add **tomato** and **mixed salad leaves** to the bowl with the charred **corn**.
- Toss to coat.

6



## Serve up

- Divide Caribbean-spiced pork rissoles, wedges and corn salad between plates.
- Serve with **mango mayonnaise**. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



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