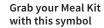
Caribbean-Spiced Pork Rissoles with Wedges, Corn Salad & Mango Mayo















Sweetcorn





Mild Caribbean Jerk Seasoning

Fine Breadcrumbs





Mixed Salad Leaves

Pork Mince



Mango Mayonnaise

Pantry items

Olive Oil, Honey, White Wine Vinegar,

Prep in: 20-30 mins Ready in: 40-50 mins



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.

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

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
potato	2	4	
garlic	2 cloves	4 cloves	
tomato	1	2	
sweetcorn	1 tin (125g)	1 tin (300g)	
honey*	1 tsp	2 tsp	
white wine vinegar*	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	
egg*	1	2	
mixed salad leaves	1 medium bag	1 large bag	
mango mayonnaise	1 packet (50g)	1 packet (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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



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.



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.



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.



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.



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.



Serve up

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

