



Parmesan Pork Rissoles & Pepper Onion Gravy

with Potato Mash & Green Beans

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Green Beans



Brown Onion



Garlic



Black Peppercorns



Pork Mince



Garlic & Herb Seasoning



Shaved Parmesan Cheese



Gravy Granules



Beef Mince

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

Carb Smart

Perk up pork rissoles by spiking them with our garlic and herb seasoning, plus sharp Parmesan. The fuss-free gravy has a lovely subtle sweetness from the onion while the creamy potato mash brings all the comfort food feels.

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

Pantry items

Olive Oil, Butter, Plain Flour

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

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
green beans	1 medium bag	2 medium bags
brown onion	½	1
garlic	1 clove	2 cloves
black peppercorns	1 medium sachet	1 large sachet
butter*	40g	80g
pork mince	1 small packet	1 medium packet
garlic & herb seasoning	1 medium sachet	1 large sachet
plain flour*	1 tbs	2 tbs
shaved Parmesan cheese	1 packet (26g)	1 packet (52g)
gravy granules	1 medium sachet	1 large sachet
boiling water*	½ cup	1 cup
beef mince**	1 small packet	1 medium packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2609kJ (624Cal)	510kJ (122Cal)
Protein (g)	36.9g	7.2g
Fat, total (g)	34.8g	6.8g
- saturated (g)	19.1g	3.7g
Carbohydrate (g)	39.9g	7.8g
- sugars (g)	11.5g	2.2g
Sodium (mg)	963mg	188mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2635kJ (630Cal)	515kJ (123Cal)
Protein (g)	40.3g	7.9g
Fat, total (g)	33.9g	6.6g
- saturated (g)	19.5g	3.8g
Carbohydrate (g)	39.9g	7.8g
- sugars (g)	11.5g	2.2g
Sodium (mg)	965mg	189mg
Dietary Fibre	8.2g	1.6g

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



Get prepped

- Bring a medium saucepan of salted water to the boil.
- Peel **potato**, then cut into large chunks. Trim **green beans**.
- Thinly slice **brown onion** (see ingredients). Finely chop **garlic**.
- Crush **black peppercorns** with a pestle and mortar or in their sachet using a rolling pin.

TIP: Save time and get more fibre by leaving the potato unpeeled!



Cook the rissoles

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **rissoles** until browned and cooked through, **3-4 minutes** each side. Transfer to a plate to rest.

TIP: Cook the rissoles in batches if your pan is getting crowded.

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



Cook the veggies

- Cook **potato** in the boiling water until easily pierced with a fork, **12-15 minutes**.
- In the last **8 minutes** of cook time, place a colander or steamer basket on top and add **green beans**. Cover and steam until green beans are tender, and potatoes can be easily pierced with a fork, **7-8 minutes**.
- Transfer **green beans** to a bowl. Season, cover to keep warm, then set aside. Drain **potatoes** and return to saucepan. Add the **butter** and season generously with **salt**. Mash until smooth. Cover to keep warm.

Little cooks: Get those muscles working and help mash the potatoes!



Make the peppercorn gravy

- Boil the kettle. Return frying pan to medium-high heat with another drizzle of **olive oil**, if needed.
- Cook **onion**, stirring, until softened, **3-4 minutes**. Add **garlic** and cook until fragrant, **1 minute**.
- Meanwhile, combine **gravy granules**, crushed **peppercorns** and the **boiling water** (1/2 cup for 2 people / 1 cup for 4 people) in a medium heatproof bowl until smooth, **1 minute**. Stir in cooked **onion** until combined. Remove from heat.



Make the rissoles

- Meanwhile, in a medium bowl, combine **pork mince**, **garlic & herb seasoning**, the **plain flour** and **shaved Parmesan cheese**. Season with **salt**.
- Using damp hands, form heaped spoonfuls of the **mixture** into meatballs, then flatten to make 2cm-thick rissoles (3-4 per person). Transfer to a plate.

Little cooks: Join the fun by helping combine the ingredients and shaping the mixture into rissoles! Make sure to wash your hands well afterwards.

Custom Recipe: If you've swapped to beef mince, prepare it in the same way as the pork mince.



Serve up

- Divide cheesy pork rissoles, potato mash and green beans between plates.
- Spoon peppercorn gravy over rissoles to serve. Enjoy!

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