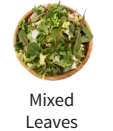
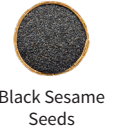
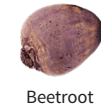


Chermoula Pork Rissoles

with Sesame Veggie Fries & Salad

Grab your Meal Kit with this symbol



Recipe Update

The recent flooding on the East Coast of Australia has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: **20-30 mins**
 Ready in: **30-40 mins**
 Carb Smart

Dietitian Approved

Give these juicy rissoles some Moroccan flair with our chermoula spice blend. To keep the carbs in check, pair with colourful fries and a sweet and peppery salad. Don't forget the garlic sauce to bring it all together!

Pantry items
 Olive Oil, Egg, Balsamic Vinegar

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
carrot	1	2
zucchini	1	2
beetroot	1	2
black sesame seeds	1 medium packet	1 large packet
lemon	½	1
cherry/snacking tomatoes	1 punnet	2 punnets
pork mince	1 small packet	1 medium packet
fine breadcrumbs	1 medium packet	1 large packet
egg*	1	2
chermoula spice blend	1 medium sachet	1 large sachet
balsamic vinegar*	drizzle	drizzle
mixed leaves	1 small bag	1 medium bag
garlic sauce	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2106kJ (503Cal)	392kJ (94Cal)
Protein (g)	35.1g	6.5g
Fat, total (g)	25.8g	4.8g
- saturated (g)	6.6g	1.2g
Carbohydrate (g)	28.4g	5.3g
- sugars (g)	16g	3g
Sodium (mg)	786mg	146mg
Dietary Fibre (g)	12.2g	2.3g

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 veggie fries

Preheat oven to **240°C/220°C fan-forced**. Cut **carrot, zucchini** and **beetroot** into fries. Place on a lined oven tray. Drizzle with **olive oil**, sprinkle with **black sesame seeds** and season with **salt** and **pepper**. Toss to coat. Bake until tender, **20-25 minutes**.

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

TIP: Beetroot stays firm when cooked. It's done when you can pierce it with a fork.



Get prepped

Meanwhile, zest **lemon** to get a generous pinch, then cut into wedges. Halve **cherry tomatoes**.



Make the rissoles

In a medium bowl, combine **pork mince, fine breadcrumbs, egg, chermoula spice blend, lemon zest** and a good pinch of **salt**. Using damp hands, form heaped spoonfuls of **mixture** into meatballs, then flatten to make 2cm-thick rissoles. Transfer to a plate. You should get 3-4 rissoles per person.



Cook the rissoles

When fries have **10 minutes** remaining, heat a drizzle of **olive oil** in a large frying pan over medium-high heat. Cook **rissoles**, in batches, until browned and cooked through, **3-4 minutes** each side.

TIP: The spice blend will char slightly in the pan, this adds to the flavour!



Make the salad

While rissoles are cooking, combine a drizzle of **balsamic vinegar** and **olive oil** in a medium bowl. Season, then add **mixed leaves** and **cherry tomatoes**. Toss to coat.



Serve up

Divide chermoula pork rissoles, sesame veggie fries and salad between plates. Serve with **garlic sauce** and lemon wedges.

Enjoy!

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