



Chermoula Pork Risssoles & Rainbow Fries

with Cucumber Salad & Tzatziki

Grab your Meal Kit with this symbol



Carrot



Zucchini



Beetroot



Sesame Seeds



Cucumber



Lemon



Tomato



Pork Mince



Fine Breadcrumbs



Chermoula Spice Blend



Spinach & Rocket Mix



Tzatziki



Beef Mince

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

Carb Smart

Give these juicy rissoles some Moroccan flair with our chermoula spice blend, then pair them with colourful fries and a cucumber salad.

The recent harsh weather conditions have impacted the cucumbers and zucchinis grown by our farmers. The quality and freshness is still the same, but they may be a little smaller than usual.

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

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
sesame seeds	1 medium sachet	1 large sachet
cucumber	1	2
lemon	½	1
tomato	1	2
pork mince	1 small packet	1 medium packet
fine breadcrumbs	1 medium packet	1 large packet
egg*	1	2
chermoula spice blend	1 sachet	2 sachets
balsamic vinegar*	drizzle	drizzle
spinach & rocket mix	1 bag (30g)	1 bag (60g)
tzatziki	1 packet (50g)	1 packet (100g)
beef mince**	1 small packet	1 medium packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2190kJ (523Cal)	384kJ (92Cal)
Protein (g)	36.1g	6.3g
Fat, total (g)	28.8g	5g
- saturated (g)	7.3g	1.3g
Carbohydrate (g)	25.3g	4.4g
- sugars (g)	14.9g	4.4g
Sodium (mg)	716mg	125mg
Dietary Fibre (g)	10.7g	1.9g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2173kJ (519Cal)	381kJ (91Cal)
Protein (g)	39.8g	7g
Fat, total (g)	26.6g	4.7g
- saturated (g)	7.1g	1.2g
Carbohydrate (g)	25.3g	4.4g
- sugars (g)	14.9g	4.4g
Sodium (mg)	729mg	128mg
Dietary Fibre (g)	10.7g	1.9g

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.

If you have any questions or concerns, please visit hellofresh.com.au/contact

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Bake the fries

Preheat the oven to **240°C/220°C fan-forced**. Cut the **carrot, zucchini** and **beetroot** into fries. Spread the veggies over a lined oven tray. Add the **sesame seeds**, a drizzle of **olive oil** and season with **salt** and **pepper**. Toss to coat and bake until tender, **20-25 minutes**.

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



Cook the rissoles

When the fries have **10 minutes** remaining, heat a drizzle of **olive oil** over a medium-high heat in a large frying pan. Cook the **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!



Get prepped

While the fries are baking, thinly slice the **cucumber** into rounds. Zest the **lemon** to get a generous pinch, then cut into wedges. Roughly chop the **tomato**.



Make the salad

While the rissoles are cooking, combine a drizzle of **balsamic vinegar** and **olive oil** in a medium bowl. Add the **spinach & rocket mix, tomato** and **cucumber**. Season and toss to combine.



Make the rissoles

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

CUSTOM RECIPE

If you've swapped for beef mince, prepare the rissoles the same way as above.



Serve up

Divide the chermoula pork rissoles, sesame rainbow fries and cucumber salad between plates. Serve with the **tzatziki** and any remaining lemon wedges.

Enjoy!