


# Creole-Spiced Pork Rissoles & Cheesy Fries

with Nutty Salad & Mango Mayo

Grab your Meal Kit with this symbol 



Potato



Garlic & Herb Seasoning



Shredded Cheddar Cheese



Carrot



Garlic



Pork Mince



Fine Breadcrumbs



Creole Spice Blend



Beef-Style Stock Powder



Mixed Salad Leaves



Mango Mayonnaise



Flaked Almonds

 Hands-on: 20-30 mins  
Ready in: 35-45 mins

With a little help from our Creole spice blend (bursting with paprika, oregano and hints of lemon and pepper), tender pork rissoles are the star of the show tonight. Just add cheese-loaded fries, a tropical mayo and an almond-adorned salad for satisfaction, guaranteed.

### 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
potato	2	4
garlic & herb seasoning	1 sachet	2 sachets
shredded Cheddar cheese	1 medium packet	1 large packet
carrot	1	2
garlic	1 clove	2 cloves
pork mince	1 small packet	1 medium packet
fine breadcrumbs	1 medium packet	1 large packet
Creole spice blend	½ sachet	1 sachet
beef-style stock powder	1 medium sachet	1 large sachet
egg*	1	2
balsamic vinegar*	drizzle	drizzle
mixed salad leaves	1 medium bag	1 large bag
mango	1 packet	1 packet
mayonnaise	(50g)	(100g)
flaked almonds	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3159kJ (755Cal)	578kJ (138Cal)
Protein (g)	43.4g	7.9g
Fat, total (g)	44.3g	8.1g
- saturated (g)	13.4g	2.5g
Carbohydrate (g)	44.1g	8.1g
- sugars (g)	12.1g	8.1g
Sodium (mg)	1123mg	206mg

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 cheesy fries

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** into fries. Place on a lined oven tray. Drizzle with **olive oil**, sprinkle with the **garlic & herb seasoning** and season with **salt**. Toss to coat. Bake until tender, **20-25 minutes**. In the last **5 minutes** of cook time, sprinkle the **shredded Cheddar cheese** over the fries. Return to the oven and bake until melted and golden.

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

4



## Cook the rissoles

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **rissoles** until browned and cooked through, **3-4 minutes** each side (cook in batches if your pan is getting crowded).

2



## Get prepped

While the fries are baking, grate the **carrot**. Finely chop the **garlic**.

5



## Make the salad

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

3



## Make the rissoles

In a large bowl, combine the **pork mince**, **fine breadcrumbs**, **Creole spice blend** (see ingredients), **beef-style stock powder**, **garlic**, **egg** and a generous pinch of **salt**. Using damp hands, form heaped spoonfuls of the **mixture** into meatballs, then flatten to make 2cm-thick rissoles. Set aside on a plate. You should get 3-4 rissoles per person.

6



## Serve up

Divide the pork rissoles, cheesy fries and salad between plates. Drizzle the **mango mayonnaise** over the rissoles. Sprinkle the **flaked almonds** over the salad to serve.

Enjoy!

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