



Quick Soy-Glazed Pork Rissolle Bowl

with Ponzu Slaw, Cucumber & Peanuts

Grab your Meal Kit with this symbol



Cucumber



Carrot



Garlic



Spring Onion



Pork Mince



Lemongrass & Makrut Lime Stir-Fry Paste



Southeast Asian Spice Blend



Fine Breadcrumbs



Shredded Cabbage Mix



Garlic Aioli



Ponzu Sauce



Crushed Peanuts

Hands-on: **15-25 mins**
 Ready in: **25-35 mins**

Carb Smart

This winning weeknight dinner is super quick to make, low-carb and loaded with wholesome ingredients. The secret to its deliciousness is our new ponzu sauce, a Japanese-inspired citrus sauce that adds some zing to our crisp slaw.

Pantry items

Olive Oil, Soy Sauce, Brown Sugar, Egg

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

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cucumber	1	2
carrot	1	2
garlic	3 cloves	6 cloves
spring onion	2 stems	4 stems
soy sauce*	1 tbs	2 tbs
brown sugar*	2 tsp	1 tbs
pork mince	1 small packet	1 medium packet
lemongrass & makrut lime stir-fry paste	1 packet	2 packets
Southeast Asian spice blend	1 sachet	2 sachets
fine breadcrumbs	1 medium packet	1 large packet
egg*	1	2
salt*	¼ tsp	½ tsp
shredded cabbage mix	1 packet (150g)	1 packet (300g)
garlic aioli	1 packet (50g)	1 packet (100g)
ponzu sauce	1 medium packet	1 large packet
crushed peanuts	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2713kJ (648Cal)	545kJ (130Cal)
Protein (g)	37g	7.4g
Fat, total (g)	40.3g	8.1g
- saturated (g)	8g	1.6g
Carbohydrate (g)	29.7g	6g
- sugars (g)	17g	3.4g
Sodium (mg)	1506mg	303mg
Dietary Fibre (g)	14.3g	2.9g

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.



Get prepped

Thinly slice the **cucumber** into rounds. Grate the **carrot**. Finely chop the **garlic**. Thinly slice the **spring onion**.



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). Remove from the heat and add the **soy glaze**, tossing to coat the **rissoles**.



Make the soy glaze

In a small bowl, combine the **soy sauce**, **brown sugar** and a dash of **water**. Set aside.



Toss the slaw

Meanwhile, in a medium bowl, combine the **shredded cabbage mix**, **carrot**, **ponzu sauce** and **garlic aioli**.



Prep the rissoles

In a large bowl combine the **pork mince**, **Southeast Asian spice blend**, **garlic**, **lemongrass & makrut lime stir-fry paste**, **spring onion**, **fine breadcrumbs**, **egg** and the **salt**. Using damp hands, form heaped spoonfuls of the mixture into meatballs then flatten to make 2cm-thick rissoles and set aside on a plate. You should get about 3-4 rissoles per person.



Serve up

Divide the ponzu slaw between bowls and top with the soy-glazed rissoles. Pour over any remaining pan juices. Serve with the fresh cucumber. Garnish with the **crushed peanuts**.

Enjoy!