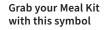


# Quick Soy-Glazed Pork Rissole Bowl with Ponzu Slaw, Cucumber & Peanuts















**Spring Onion** 



Pork Mince







Southeast Asian Spice Blend





Shredded Cabbage



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

9		
	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*	1/4 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

<sup>\*</sup>Pantry Items

## **Nutrition**

Per Serving	Per 100g
2713kJ (648Cal)	<b>545kJ</b> (130Cal)
37g	7.4g
40.3g	8.1g
8g	1.6g
29.7g	6g
17g	3.4g
1506mg	303mg
14.3g	2.9g
	2713kJ (648Cal) 37g 40.3g 8g 29.7g 17g 1506mg

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**.



Make the soy glaze

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



# 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.



# 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**.



## Toss the slaw

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



# 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!