



Easy Garlic & Herb Pork Rissoles

with Roast Veggie Toss & Dill-Parsley Mayo



Capsicum



Carrot



Peeled & Chopped Pumpkin



Garlic



Pork Mince



Panko Breadcrumbs



Garlic & Herb Seasoning



Baby Spinach Leaves



Grated Parmesan Cheese



Dill & Parsley Mayonnaise



Beef Mince

Hands-on: **15-25 mins**
Ready in: **30-40 mins**

Calorie Smart*
**Custom Recipe Only*

Carb Smart

We've teamed juicy pork mince with a garlic and herb seasoning for a rissole recipe you can't go wrong with. Complete with a hearty roast veggie toss and a sprinkle of Parmesan, did we mention this is low carb?

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

Pantry items

Olive Oil, 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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
capsicum	1	2
carrot	1	2
peeled & chopped pumpkin	1 small bag	1 medium bag
garlic	3 cloves	6 cloves
pork mince	1 small packet	1 medium packet
panko breadcrumbs	½ medium packet	1 medium packet
egg*	1	2
garlic & herb seasoning	1 sachet	2 sachets
salt*	¼ tsp	½ tsp
baby spinach leaves	1 medium bag	1 large bag
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
dill & parsley mayonnaise	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)	2605kJ (623Cal)	492kJ (118Cal)
Protein (g)	40.3g	7.6g
Fat, total (g)	37g	7g
- saturated (g)	10.1g	1.9g
Carbohydrate (g)	29.8g	5.6g
- sugars (g)	16.5g	5.6g
Sodium (mg)	1047mg	198mg
Dietary Fibre (g)	8.5g	1.6g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2587kJ (618Cal)	488kJ (116Cal)
Protein (g)	43.9g	8.3g
Fat, total (g)	34.9g	6.6g
- saturated (g)	9.9g	1.9g
Carbohydrate (g)	29.8g	5.6g
- sugars (g)	16.5g	3.1g
Sodium (mg)	1059mg	200mg

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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1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **capsicum** and **carrot** into bite-sized chunks. Place on a lined oven tray. Add **peeled & chopped pumpkin** to tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat. Roast until tender, **20-25 minutes**.
- Meanwhile, finely chop **garlic**.

3



Toss the veggies

- When **roast veggies** are done, add **baby spinach leaves** to the tray. Gently toss to combine.

2



Make the rissoles

- In a large bowl, combine **pork mince**, **garlic**, **panko breadcrumbs** (see ingredients), **egg**, **garlic & herb seasoning** and the **salt**.
- Using damp hands, form heaped spoonfuls of the **mixture** into meatballs, then flatten to make 2cm-thick rissoles (3-4 per person). Transfer to a plate.
- When veggies have **10 minutes** cook time remaining, heat a drizzle of **olive oil** in a large frying pan over a medium-high heat. Cook **rissoles**, in batches until browned and cooked through, **3-4 minutes** each side. Remove from heat.

CUSTOM RECIPE

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

4



Serve up

- Divide garlic and herb pork rissoles and roast veggie toss between plates.
- Sprinkle **grated Parmesan cheese** over the roast veggie toss. Serve with **dill & parsley mayonnaise**.

Enjoy!