



# Garlic & Herb Pork Rissoles

with Cheesy Roast Veggie Toss & Herby Mayo

Grab your Meal Kit with this symbol



Capsicum



Carrot



Garlic



Panko Breadcrumbs



Garlic & Herb Seasoning



Baby Spinach Leaves



Dill & Parsley Mayonnaise



Grated Parmesan Cheese

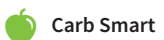


Peeled & Chopped Pumpkin



Pork Mince

Prep in: 15-25 mins  
Ready in: 30-40 mins



We've teamed juicy pork mince with our 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 sharp Parmesan, you won't even miss the potatoes in this carb conscious dish.

### 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
<b>olive oil*</b>	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
<b>egg*</b>	1	2
garlic & herb seasoning	1 medium sachet	1 large sachet
<b>salt*</b>	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)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2628kJ (628Cal)	496kJ (119Cal)
Protein (g)	39.8g	7.5g
Fat, total (g)	38.4g	7.3g
- saturated (g)	10.1g	1.9g
Carbohydrate (g)	30.2g	5.7g
- sugars (g)	14.2g	2.7g
Sodium (mg)	1044mg	197mg

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



## Roast the veggies & get prepped

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

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

3



## Toss the veggies

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

2



## Cook the rissoles

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

4



## Serve up

- Divide garlic-herb pork rissoles and roast veggie toss between plates.
- Sprinkle **grated Parmesan cheese** over veggies.
- Serve with a dollop of **dill & parsley mayonnaise**. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



2022 | CW25

## Rate your recipe

Our Culinary team is waiting for your feedback! Let them know what you thought: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)