



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

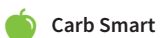


Peeled & Chopped Pumpkin



Pork Mince

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



Give rissoles a herby hit with garlic and herb seasoning, plus Parmesan for an easy flavour boost. With wholesome roasted veggies and our favourite creamy dill-parsley mayo, this meal shines a whole new (carb friendly) light on a tried-and-true dinner.

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 medium sachet	1 large sachet
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 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2636kJ (630Cal)	498kJ (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
Dietary Fibre (g)	8g	1.5g

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.

We're here to help!

Scan here if you have any questions or concerns

2022 | CW35



1



Roast the veggies

- 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 until tender, **20-25 minutes**.

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

3



Toss the veggies

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

2



Make the rissoles

- Meanwhile, finely chop **garlic**.
- In a large bowl, combine **pork mince**, **garlic**, **panko breadcrumbs** (see ingredients), the **egg**, **garlic & herb seasoning** and the **salt**. Using damp hands, shape heaped spoonfuls of **mixture** into meatballs, then flatten to make 2cm-thick rissoles (3-4 rissoles 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 roast veggie toss and garlic and herb rissoles between plates.
- Sprinkle **grated Parmesan cheese** over veggies.
- Serve with a dollop of **dill & parsley mayonnaise**. Enjoy!

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