



Caribbean Pork Rissoles

with Wedges & Mango Mayonnaise

Grab your Meal Kit with this symbol



Potato



Parsley



Garlic



Tomato



Cucumber



Pork Mince



Mild Caribbean Jerk Seasoning



Fine Breadcrumbs



Mixed Salad Leaves



Mango Mayonnaise

Hands-on: **20-30 mins**
 Ready in: **40-50 mins**

Calorie Smart

Give your rissoles a little island flair! Straight from the Caribbean, our jerk seasoning brings unmistakable flavour to these pork rissoles. Paired with a charred corn salad, roasted wedges and mango mayo, this is a colourful take on a classic Aussie dinner.

Pantry items

Olive Oil, White Wine Vinegar, Honey, 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

Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
parsley	1 bag	1 bag
garlic	2 cloves	4 cloves
tomato	2	4
cucumber	1	2
white wine vinegar*	drizzle	drizzle
honey*	1 tsp	2 tsp
pork mince	1 small packet	1 medium packet
mild Caribbean jerk seasoning	1 sachet	2 sachets
fine breadcrumbs	½ packet	1 packet
egg*	1	2
mixed salad leaves	1 bag (60g)	1 bag (120g)
mango	1 packet	1 packet
mayonnaise	(50g)	(100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2239kJ (535Cal)	389kJ (92Cal)
Protein (g)	37.1g	6.5g
Fat, total (g)	29.3g	5.1g
- saturated (g)	12.3g	2.1g
Carbohydrate (g)	28.1g	4.9g
- sugars (g)	21.8g	3.8g
Sodium (mg)	1124mg	195mg

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://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Bake the wedges

Preheat the oven to **220°C/200°C fan-forced**. Cut the **potato** into wedges. Place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Spread out evenly and bake until tender, **25-30 minutes**.



Prep the veggies

While the wedges are baking, roughly chop the **parsley** leaves. Finely chop the **garlic**. Roughly chop the **tomato**. Thinly slice the **cucumber** into half-moons. In a medium bowl, combine a drizzle of **white wine vinegar**, **honey** and 1/2 the **parsley**. Drizzle with **olive oil**, season and mix well.



Make the rissoles

In a large bowl, combine the **pork mince**, **garlic**, **mild Caribbean jerk seasoning**, **fine breadcrumbs** (see ingredients), **egg** and the remaining **parsley**. Using damp hands, form heaped spoonfuls of the mixture into meatballs then flatten to make 2cm-thick rissoles and transfer to a plate. You should get about 4-5 rissoles per person.



Cook the rissoles

Heat a drizzle of **olive oil** in a large frying pan over a medium-high heat. Cook the **pork rissoles** until browned and cooked through, **4-5 minutes** each side. Remove from the heat.



Dress the salad

Add the **tomato**, **cucumber** and **mixed salad leaves** to the bowl with the dressing and toss to coat.



Serve up

Divide the Caribbean pork rissoles, potato wedges and salad between plates. Serve with the **mango mayonnaise**.

Enjoy!