

# Caribbean Pork Rissoles

with Wedges & Mango Mayonnaise

Grab your Meal Kit with this symbol



Potato



Parsley



Garlic



Tomato



Sweetcorn



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.

*Unfortunately, this week's cucumber was in short supply, so we've replaced it with sweetcorn. Don't worry, the recipe will be just as delicious!*

### 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               |
| sweetcorn                     | 1 tin<br>(125g) | 1 tin<br>(300g) |
| 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 medium packet | 1 medium packet |
| eggs*                         | 1               | 2               |
| mixed salad leaves            | 1 bag<br>(60g)  | 1 bag<br>(120g) |
| mango                         | 1 packet        | 1 packet        |
| mayonnaise                    | (50g)           | (100g)          |

\*Pantry Items

## Nutrition

| Avg Qty          | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 2526kJ (603Cal) | 450kJ (107Cal) |
| Protein (g)      | 37.3g           | 6.6g           |
| Fat, total (g)   | 29.1g           | 5.2g           |
| - saturated (g)  | 7.1g            | 1.3g           |
| Carbohydrate (g) | 45.3g           | 8.1g           |
| - sugars (g)     | 12.3g           | 2.2g           |
| Sodium (mg)      | 921mg           | 164mg          |

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.



## Bake the potato

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**. 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. Drain the **sweetcorn**.



## 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 corn & rissoles

Heat a drizzle of **olive oil** in a large frying pan over a high heat. Add the **sweetcorn** and cook until lightly charred, **4-5 minutes**. Transfer to a bowl. Return the pan to a medium-high heat with a drizzle of **olive oil**. Cook the **pork rissoles** until browned and cooked through, **4-5 minutes** each side. Remove from the heat.



## Dress the salad

Add the **tomato**, charred **corn** 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!