

## **PARMESAN & PORK RISSOLES**

with Pumpkin Mash





Master the art of cooking rissoles









Rosemary



Parmesan Cheese

Pork & Veal Mince



Fine Breadcrumbs

Pantry Staples





Olive Oil







Hands-on: 40mins Ready in: 45mins

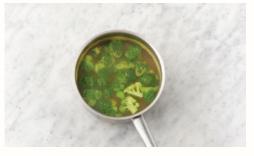
We love this meal – full of twists on the classic meat and veg. Pork & veal mince is a great base for big bold flavours and with Parmesan and rosemary partnering up, you can banish memories of boring rissoles forever. We've also swapped out regular mashed potato for our favourite variation, pumpkin.

## **BEFORE YOU** STAR

Our fruit and veggies need a little wash before you use them!! You will need: chef's knife, chopping board, fine grater, large saucepan with a lid, bowl, aluminium foil, medium bowl, plate, large frying pan, and a potato masher or fork.



**■** GET PREPPED Peel and dice the **pumpkin** into 2 cm chunks. Chop the **broccoli** into 2 cm florets. Peel and finely grate the garlic. Finely grate the Parmesan cheese. Pick the rosemary leaves and finely chop until you have 1 tsp for 2 people/ 2 tsp for 4 people.



**COOK THE VEGGIES** Place the **pumpkin** in a large saucepan and cover with water. Bring to the boil and cook for 15 minutes. In the last 5 minutes of pumpkin cooking time, add the broccoli florets. Cook until the broccoli is tender and the pumpkin is easily pierced with a knife. Drain the vegetables. Place the broccoli into a bowl and cover with foil to keep warm. Place the pumpkin back into the saucepan.



MAKE THE PUMPKIN MASH Add the **milk**, **butter** and a generous pinch of salt and pepper to the saucepan with the pumpkin. Mash with a potato masher or fork until smooth. Set aside and cover with a lid to keep warm.



MAKE THE RISSOLES While the vegetables are cooking, combine the pork & veal mince, garlic, egg, fine breadcrumbs, Parmesan cheese and the rosemary in a medium bowl. Mix well. Roll the mixture into rissoles and set aside on a plate. You should get 4-5 rissoles per person.



**FRY THE RISSOLES** Heat a **drizzle** of **olive oil** in a large frying pan over a medium-high heat. Add the **pork** rissoles and cook in batches for 4-5 minutes on each side, or until browned all over and cooked through. \*TIP: The rissoles are cooked when they are no longer pink in the middle.



SERVE UP Divide the pork and Parmesan rissoles, the pumpkin mash and the broccoli between plates.

ENJOY!

## 2 4 PEOPLE

## INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
pumpkin	1/2	1
broccoli	1 head	2 heads
garlic 🕖	1 clove	2 cloves
Parmesan cheese	1 block (50 g)	2 blocks (100 g)
rosemary 🔇	1 bunch	2 bunches
pork & veal mince	1 packet	2 packets
egg*	1	2
fine breadcrumbs	½ packet (¼ cup)	1 packet (½ cup)
milk*	¼ cup	½ cup
butter*	40 g	80 g

\*Pantry Items This ingredient can be found in your herb bag

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2820kJ (674Cal)	478kJ (114Cal)
Protein (g)	56.6g	9.6g
Fat, total (g)	35.5g	6.0g
saturated (g)	15.1g	2.6g
Carbohydrate (g)	27.8g	4.7g
- sugars (g)	12.9g	2.2g
Sodium (g)	602mg	102mg

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