



PARMESAN & PORK RISsoles

with Pumpkin Mash



Master the art of cooking rissoles



Pumpkin



Broccoli



Garlic



Parmesan Cheese



Rosemary



Pork & Veal Mince



Fine Breadcrumbs

Pantry Staples



Olive Oil



Egg



Milk



Butter

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 START

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**.



1 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**.



2 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.



3 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.



4 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.



5 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.



6 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	½	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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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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