



Pork & Caramelised Onion Rissoles

with Sweet Potato Fries & Fetta-Walnut Salad

Grab your Meal Kit with this symbol



- Sweet Potato
- Carrot
- Caramelised Onion Chutney
- Fine Breadcrumbs
- Garlic & Herb Seasoning
- Walnuts
- Garlic Aioli
- Tomato
- Garlic
- Pork Mince
- Dijon Mustard
- Mixed Leaves
- Fetta Cubes
- Beef Mince

Prep in: 25-35 mins
Ready in: 35-40 mins

From the pork rissoles coated in caramelised onion chutney, to the baked sweet potato fries and creamy fetta-adorned salad - these are just some of tonight's surprises you never knew you needed!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items
Olive Oil, Balsamic Vinegar, 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
sweet potato	2	4
tomato	1	2
carrot	1	2
garlic	1 clove	2 cloves
caramelised onion chutney	1 packet (40g)	2 packets (80g)
balsamic vinegar* (for the glaze)	1 tsp	2 tsp
water*	2 tbs	¼ cup
pork mince	1 small packet	1 medium packet
fine breadcrumbs	1 medium packet	1 large packet
Dijon mustard	1 packet	2 packets
egg*	1	2
garlic & herb seasoning	1 medium sachet	1 large sachet
balsamic vinegar* (for the salad)	drizzle	drizzle
mixed leaves	1 small bag	1 medium bag
walnuts	1 medium packet	1 large packet
fetta cubes	1 small packet	1 medium packet
garlic aioli	1 medium packet (50g)	1 large packet (100g)
beef mince**	1 small packet	1 medium packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3415kJ (816Cal)	564kJ (135Cal)
Protein (g)	39.9g	6.6g
Fat, total (g)	45.5g	7.5g
- saturated (g)	9.5g	1.6g
Carbohydrate (g)	57.9g	9.6g
- sugars (g)	27.8g	4.6g
Sodium (mg)	1132mg	187mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3422kJ (818Cal)	565kJ (135Cal)
Protein (g)	43.6g	7.2g
Fat, total (g)	44g	7.3g
- saturated (g)	9.6g	1.6g
Carbohydrate (g)	57.9g	9.6g
- sugars (g)	27.8g	4.6g
Sodium (mg)	1137mg	188mg

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.

If you have any questions or concerns, please visit hellofresh.com.au/contact

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Bake the fries

Preheat oven to **240°C/220°C fan-forced**. Cut **sweet potato** into fries. Place on a lined oven tray (if your oven tray is crowded, divide fries between two trays). Drizzle with **olive oil**, season with **salt** and toss to coat. Bake until tender, **20-25 minutes**.



Cook the rissoles

In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **rissoles**, in batches, until browned and cooked through, **3-4 minutes** each side. Remove pan from heat, then add **caramelised onion mixture**, turning **rissoles** to coat.

CUSTOM RECIPE

Cook beef rissoles the same way as above.



Get prepped

Meanwhile, roughly chop **tomato**. Grate the **carrot**. Finely chop **garlic**. In a small bowl, combine **caramelised onion chutney**, the **balsamic vinegar (for the glaze)** and the **water**. Set aside.

Little cooks: Take charge by combining the ingredients for the sauce!



Toss the salad

While rissoles are cooking, combine a drizzle of **balsamic vinegar (for the salad)** and **olive oil** in a second medium bowl. Season, then add **mixed leaves, tomato** and **carrot**. Toss to coat.

Little cooks: Help combine the dressing and toss the salad!



Make the rissoles

In a medium bowl, combine **pork mince, garlic, fine breadcrumbs, Dijon mustard, egg** and **garlic & herb seasoning**. Season with **pepper**. Using damp hands, form heaped spoonfuls of **mixture** into meatballs, then flatten to make 2cm-thick rissoles (3-4 per person). Transfer to a plate.

Little cooks: Join the fun by helping combine and roll the rissole mixture!

CUSTOM RECIPE

If you've swapped to beef mince, make the beef rissoles the same way as above.



Serve up

Roughly chop **walnuts**. Divide pork and caramelised onion rissoles, sweet potato fries and salad between plates. Spoon any extra sauce from pan over rissoles. Crumble **fetta cubes** over salad, then sprinkle with walnuts. Serve with **garlic aioli**.

Enjoy!

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