



# Pork Rissoles & Cheesy Sweet Potato Fries

with Nutty Salad & Dill-Parsley Mayo

CUSTOMER FAVOURITE

KID FRIENDLY

Grab your Meal Kit with this symbol



Sweet Potato



Garlic & Herb Seasoning



Shaved Parmesan Cheese



Carrot



Pork Mince



Fine Breadcrumbs



Nan's Special Seasoning



Mixed Salad Leaves



Dill & Parsley Mayonnaise



Flaked Almonds



Beef Mince

Prep in: 20-30 mins  
Ready in: 35-45 mins

Tender and flavourful pork rissoles are the star of the show tonight. Just add cheese-loaded sweet potato fries and an almond-adorned salad for satisfaction, guaranteed.

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

### Pantry items

Olive Oil, Egg, Balsamic Vinegar

## Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
sweet potato	2	4
garlic & herb seasoning	1 medium sachet	1 large sachet
shaved Parmesan cheese	1 packet (26g)	1 packet (52g)
carrot	1	2
pork mince	1 small packet	1 medium packet
fine breadcrumbs	1 medium packet	1 large packet
Nan's special seasoning	1 medium sachet	1 large sachet
<b>egg*</b>	1	2
<b>balsamic vinegar*</b>	drizzle	drizzle
mixed salad leaves	1 medium bag	1 large bag
dill & parsley mayonnaise	1 medium packet	1 large packet
flaked almonds	1 medium packet	1 large packet
beef mince**	1 small packet	1 medium packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2978kJ (712Cal)	553kJ (132Cal)
Protein (g)	41.8g	7.8g
Fat, total (g)	40g	7.4g
- saturated (g)	10g	1.9g
Carbohydrate (g)	44.9g	8.3g
- sugars (g)	12.8g	2.4g
Sodium (mg)	1247mg	231mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3004kJ (718Cal)	557kJ (133Cal)
Protein (g)	45.2g	8.4g
Fat, total (g)	39g	7.2g
- saturated (g)	10.4g	1.9g
Carbohydrate (g)	44.9g	8.3g
- sugars (g)	12.8g	2.4g
Sodium (mg)	1249mg	232mg

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.

## We're here to help!

Scan here if you have any questions or concerns



## Bake the cheesy fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **sweet potato** into fries.
- Place **fries** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **garlic & herb seasoning** and season with **salt**. Toss to coat.
- Bake until tender, **20-25 minutes**.
- In the last **5 minutes**, sprinkle **shaved Parmesan cheese** over fries. Bake until cheese is melted and golden, a further **5 minutes**.

**TIP:** If your oven tray is crowded, divide the fries between two trays.



## 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.

**Custom Recipe:** Cook beef rissoles the same way as pork rissoles.



## Get prepped

- Meanwhile, grate **carrot**.



## Make the salad

- Meanwhile, combine a drizzle of the **balsamic vinegar** and **olive oil** in a medium bowl.
- Season, then add **mixed salad leaves** and **carrot**. Toss to coat.

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



## Make the rissoles

- In a large bowl, combine **pork mince**, **fine breadcrumbs**, **Nan's special seasoning**, the **egg** and a generous pinch of **salt**.
- Using damp hands, form heaped spoonfuls of **mixture** into meatballs, then flatten to make 2cm-thick rissoles (3-4 per person).
- Set aside on a plate.

**Custom Recipe:** If you've swapped to beef mince, make the beef rissoles the same way as the pork rissoles.



## Serve up

- Divide pork rissoles, cheesy sweet potato fries and salad between plates.
- Drizzle **dill & parsley mayonnaise** over rissoles.
- Sprinkle **flaked almonds** over salad to serve. Enjoy!

**Little cooks:** Add the finishing touch by drizzling the mayo and sprinkling the almonds on top!

## Rate your recipe

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