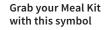


Pork Rissoles & Cheesy Fries

with Nutty Salad & Dill-Parsley Mayo

CUSTOMER FAVOURITE

KID FRIENDLY









Seasoning



Shaved Parmesan



Carrot



Pork Mince







Nan's Special



Seasoning



Dill & Parsley



Mayonnaise



Flaked Almonds



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 fries and an almond-adorned salad for satisfaction, guaranteed.

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 \cdot Large frying pan

Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
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		
egg*	1	2		
balsamic vinegar*	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		
and the same				

^{*}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 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 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.



Get prepped

• Meanwhile, grate carrot.



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.



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.



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 toss the salad!



Serve up

- Divide pork rissoles, cheesy 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!



We need your expertise!

Let our Culinary team know what you thought: hellofresh.com.au/rate