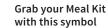


# Pork Rissoles & Cherry Tomato-Rocket Salad

with Tomato Relish & Sweet Potato Wedges

KID FRIENDLY









Sweet Potato



Seasoning



Pork Mince



All-American

Spice Blend





Fine Breadcrumbs





Cucumber



**Snacking Tomatoes** 



Spinach, Rocket & Fennel Mix



Tomato Relish





Prep in: 40-50 mins Ready in: 50-60 mins

Calorie Smart\* \*Custom Recipe is not Calorie Smart Rissoles, that classic family staple, pair perfectly with our rich tomato relish and herby sweet potato wedges. A simple salad, dressed with vinegar, is all you need to round out the dish.

**Pantry items** 

Olive Oil, Egg, Vinegar (White Wine or Balsamić)

## 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

ingi caicites			
2 People	4 People		
refer to method	refer to method		
2	4		
1 medium sachet	1 large sachet		
1 small packet	1 medium packet		
1 medium sachet	1 large sachet		
1 medium packet	1 large packet		
1	2		
1 packet (40g)	2 packets (80g)		
1	2		
1 medium punnet	2 medium punnets		
1 small bag	1 medium bag		
drizzle	drizzle		
1 medium packet	2 medium packets		
1 small packet	1 medium packet		
	refer to method 2  1 medium sachet 1 small packet 1 medium sachet 1 medium packet 1 packet (40g) 1 1 medium punnet 1 small bag drizzle 1 medium packet		

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

## **Nutrition**

Per Serving	Per 100g
2380kJ (568Cal)	390kJ (93Cal)
39.2g	6.4g
17.2g	2.8g
6.4g	1g
62.1g	10.2g
30.8g	5g
1504mg	246mg
	2380kJ (568Cal) 39.2g 17.2g 6.4g 62.1g 30.8g

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2665kJ (637Cal)	<b>444kJ</b> (106Cal)
Protein (g)	65.6g	10.9g
Fat, total (g)	29.6g	4.9g
- saturated (g)	4.7g	0.8g
Carbohydrate (g)	24.4g	4.1g
- sugars (g)	13.5g	2.2g
Sodium (mg)	444mg	74mg

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 sweet potato wedges

- Preheat oven to 240°C/220°C fan-forced.
- · Cut sweet potato into wedges.
- Place wedges on a lined oven tray. Sprinkle over Nan's special seasoning, drizzle with olive oil and toss to coat.
- · Bake until tender, 20-25 minutes.

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



## Make the rissoles

- In a medium bowl, combine pork mince,
   All-American spice blend, fine breadcrumbs
   and the egg. Season and mix well.
- Using damp hands, roll heaped spoonfuls of mixture into meatballs (3-4 per person), then flatten to make 2cm-thick rissoles. Transfer to a plate.

**Little cooks:** Join the fun by helping combine and roll the rissole mixture! Make sure to wash your hands well afterwards.

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



## 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. In the last minute of cook time, add BBQ sauce, turning rissoles to coat.

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



# Prep the salad

- Meanwhile, roughly chop cucumber.
- Halve snacking tomatoes.



## Finish the salad

- In a large bowl, combine cucumber, snacking tomatoes, spinach, rocket & fennel mix, a drizzle of the vinegar and a drizzle of olive oil.
- · Season, then toss to combine.

**Little cooks:** Take charge by tossing the salad!



# Serve up

- Divide pork rissoles, wedges and salad between plates.
- · Serve with tomato relish. Enjoy!

**Little cooks:** Add the finishing touch by dolloping over the tomato relish!

Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate