

# Spiced Pork Rissoles & Sesame Veggie Fries

with Garden Salad & Garlic Sauce

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Carrot



Potato



Zucchini



Sesame Seeds



Snacking Tomatoes



Pork Mince



Fine Breadcrumbs



Chermoula Spice Blend



Mixed Salad



Leaves Garlic Sauce



Beef Mince

### Recipe Update

Due to sourcing challenges some of the fresh ingredients you may receive may be slightly different to what's pictured. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

Prep in: 20-30 mins  
Ready in: 30-40 mins

Carb Smart

Give these juicy rissoles some Moroccan flair with our chermoula spice blend. Pair with colourful fries, a cherry tomato-adorned salad and creamy garlic sauce for a flavourful meal that will see you savouring every bite.

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

### Pantry items

Olive Oil, Egg, Honey, Vinegar (White Wine or Balsamic)



## 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
carrot	2	4
potato	1	2
zucchini	1	2
sesame seeds	1 medium packet	1 large packet
snacking tomatoes	1 punnet	2 punnets
pork mince	1 small packet	1 medium packet
fine breadcrumbs	1 medium packet	1 large packet
<b>egg*</b>	1	2
chermoula spice blend	1 medium sachet	1 large sachet
<b>honey*</b>	1 tsp	2 tsp
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
mixed salad leaves	1 small bag	1 medium bag
garlic sauce	1 medium packet	2 medium packets
beef mince**	1 small packet	1 medium packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2285kJ (546Cal)	362kJ (86Cal)
Protein (g)	36.3g	5.8g
Fat, total (g)	25.9g	4.1g
- saturated (g)	6.7g	1.1g
Carbohydrate (g)	40.1g	6.4g
- sugars (g)	17.6g	2.8g
Sodium (mg)	916mg	145mg
Dietary Fibre (g)	13.1g	2.1g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2311kJ (552Cal)	366kJ (87Cal)
Protein (g)	39.7g	6.3g
Fat, total (g)	25g	4g
- saturated (g)	7.1g	1.1g
Carbohydrate (g)	40.1g	6.4g
- sugars (g)	17.6g	2.8g
Sodium (mg)	918mg	146mg

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 veggie fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **carrot, potato** and **zucchini** into fries.
- Place **fries** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **sesame seeds** and season with **salt** and **pepper**. Toss to coat.
- Bake until tender, **20-25 minutes**.

**TIP:** If your oven tray is crowded, divide the veggie 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.
- Remove pan from heat. Add the **honey**, turning rissoles to coat.

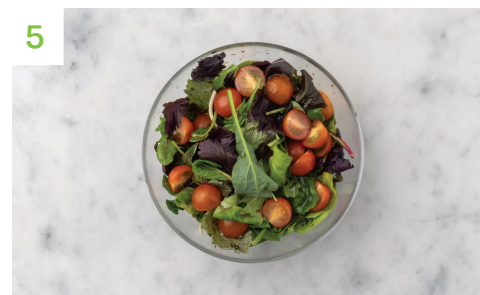
**TIP:** For best results, drain the oil from the pan before adding the honey.

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



## Get prepped

- Meanwhile, halve **snacking tomatoes**.



## Make the salad

- Meanwhile, in a second medium bowl, combine a drizzle of the **vinegar** and **olive oil**. Season.
- Add **mixed salad leaves** and **tomatoes** and toss to coat.



## Make the rissoles

- In a medium bowl, combine **pork mince**, **fine breadcrumbs**, the **egg**, **chermoula spice blend** and a good pinch of **salt**.
- Using damp hands, form heaped spoonfuls of the **mixture** into meatballs, then flatten to make 2cm-thick rissoles (3-4 per person). Transfer to a plate.

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



## Serve up

- Divide spiced pork rissoles, sesame veggie fries and garden salad between plates.
- Dollop **garlic sauce** over rissoles to serve. Enjoy!

## Rate your recipe

Our Culinary team is waiting for your feedback!

Let them know what you thought: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)