

Spiced Pork Rissoles & Sesame Veggie Fries

with Garden Salad & Yoghurt

Grab your Meal Kit with this symbol



Carrot



Beetroot



Black Sesame Seeds



Lemon



Cherry/Snacking Tomatoes



Fine Breadcrumbs



Chermoula Spice Blend



Spinach & Rocket Mix



Pork Mince



Greek-Style Yoghurt



Beef Mince

Recipe Update

Farmers across Australia are still experiencing the impacts of the recent heavy rains. This is affecting our supply of fresh veggies and as such, you may notice some changes to your ingredients. Don't worry, your recipe will be just as delicious!

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

Dietitian Approved

Carb Smart

Give these juicy rissoles some Moroccan flair with our chermoula spice blend. Pair with colourful fries, sweet and peppery salad and tangy tzatziki for a carb conscious meal that will have 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, Balsamic Vinegar

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
carrot	2	4
beetroot	1	2
black sesame seeds	1 medium packet	1 large packet
lemon	½	1
cherry/snacking tomatoes	1 punnet	2 punnets
pork mince	1 small packet	1 medium packet
fine breadcrumbs	1 medium packet	1 large packet
egg*	1	2
chermoula spice blend	1 medium sachet	1 large sachet
balsamic vinegar*	drizzle	drizzle
spinach & rocket mix	1 small bag	1 medium bag
Greek-style yoghurt	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)	1991kJ (476Cal)	344kJ (82Cal)
Protein (g)	36.4g	6.3g
Fat, total (g)	21.2g	3.7g
- saturated (g)	7.3g	1.3g
Carbohydrate (g)	31.5g	5.4g
- sugars (g)	19.2g	3.3g
Sodium (mg)	804mg	139mg
Dietary Fibre (g)	10.9g	1.9g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2010kJ (480Cal)	348kJ (83Cal)
Protein (g)	39.8g	6.9g
Fat, total (g)	20.1g	3.5g
- saturated (g)	7.7g	1.3g
Carbohydrate (g)	31.5g	5.4g
- sugars (g)	19.2g	3.3g
Sodium (mg)	807mg	140mg
Dietary Fibre (g)	10.9g	1.9g

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://www.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

2022 | CW27



1



Bake the veggie fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **carrot** and **beetroot** into fries.
- Place **fries** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **black 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 fries between two trays.

TIP: Beetroot stays firm when cooked. It's done when you can pierce it with a fork.

4



Cook the rissoles

- Heat a large frying pan over medium-high heat with a drizzle of **olive oil**.
- Cook **rissoles**, in batches, until browned and cooked through, **3-4 minutes** each side.

Custom Recipe: Cook the beef rissoles the same way as above.

2



Get prepped

- Meanwhile, zest **lemon** to get a generous pinch, then cut into wedges.
- Halve **cherry tomatoes**.

5



Make the salad

- Meanwhile, combine a drizzle of **balsamic vinegar** and **olive oil** in a second medium bowl.
- Season, then add **spinach & rocket mix** and **cherry tomatoes**. Toss to coat.

3



Make the rissoles

- In a medium bowl, combine **pork mince**, **fine breadcrumbs**, the **egg**, **chermoula spice blend**, **lemon zest** and a good pinch of **salt**.
- 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.

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

6



Serve up

- Divide spiced pork rissoles, sesame veggie fries and garden salad between plates.
- Dollop **Greek-style yoghurt** over rissoles.
- Serve with lemon wedges. Enjoy!

Rate your recipe

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