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WK50
2016

# Pork & Parmesan Rissoles with Pumpkin Mash

We love this meal – full of twists on the classic meat and three veg. Pork & veal mince is a great base for big bold flavours and with Parmesan and rosemary partnering up, you can banish memories of boring rissoles forever. We've also swapped out regular mashed potato for our favourite variation, pumpkin.

***Prep:*** *15 mins*
***Cook:*** *30 mins*
***Total:*** *45 mins*

*level 1*

## *Pantry Items*

*Milk*
*Butter*
*Eggs*
*Olive Oil*

*Pumpkin*
*Green Beans*
*Pork & Veal Mince*
*Garlic*
*Fine Breadcrumbs*
*Parmesan Cheese*
*Rosemary*

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| 2P | 4P | Ingredients |
|---|---|---|
| ½ | 1 | pumpkin, peeled & diced into 2 cm chunks |
| 1 packet | 2 packets | green beans, ends trimmed |
| 2 tbs | 4 tbs | milk * |
| 1 tbs | 2 tbs | butter * |
| 1 packet | 2 packets | pork & veal mince |
| 1 clove | 2 cloves | garlic, peeled & crushed |
| 1 | 2 | egg, whisked * |
| ½ packet | 1 packet | fine breadcrumbs |
| 1 block | 2 blocks | Parmesan cheese, finely grated |
| 1 bunch | 2 bunches | rosemary, leaves picked & roughly chopped |
| 1 tbs | 2 tbs | olive oil * |

Ingredient features in another recipe

* Pantry Items

Pre-preparation

**Nutrition per serve**

| | | |
|---|---|---|
| Energy | 2930 | Kj |
| Protein | 48.5 | g |
| Fat, total | 35.9 | g |
| -saturated | 14.1 | g |
| Carbohydrate | 42.6 | g |
| -sugars | 13.8 | g |
| Sodium | 596 | mg |

2

3

4a

4b

**You will need:** *chef's knife, chopping board, garlic crusher, whisk or fork, fine grater, large saucepan, colander, potato masher or fork, medium bowl, plate, large frying pan, spatula and oven tray lined with baking paper.*

1 Preheat the oven to **200°C/180°C** fan-forced.

2 Place the **pumpkin** in a large saucepan of cold water, bring to the boil and cook for **15 minutes**, or until tender. Add the **green beans** in the last **2 minutes**. Drain and set aside the green beans, then return the sweet potato to the saucepan. Add the **milk, butter** and a good season of **salt** and **pepper**. Mash with a potato masher or fork until smooth. Set aside.

3 Meanwhile in a medium bowl combine the **pork & veal mince, garlic, egg, fine breadcrumbs, Parmesan cheese** and **rosemary**. Roll into rissoles. You should get 4-5 rissoles per person. Set aside on a plate ready to cook.

4 Heat the **olive oil** in a large frying pan over a medium-high heat. Cook the rissoles in batches for **1-2 minutes**, or until browned. Transfer to the prepared oven tray. Bake for **8-10 minutes** or until cooked through.

5 To serve, divide the pumpkin mash, green beans and rissoles between plates. Enjoy!

**Did you know?** Parmesan has been called the "King of Cheeses".