

## **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



**Pantry Items** 













Pumpkin





Pork & Veal











2P	4P	Ingredients	
1/2	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	40
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 *	

<del></del>	Ingredient features
	in another recipe

Pantry Items

Pre-preparation

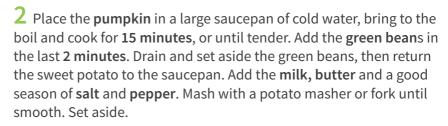
## **Nutrition per serve**

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



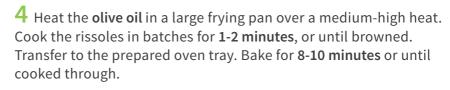
**You will need:** chef's knife, chopping board, garlic crusher, whisk or fork, fine grater, large saucepan, colander, potato masher or fork, medium bowl, plate, large frying pan, spatula and oven tray lined with baking paper.







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.





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

