



# Pork Risssoles & Cheesy Fries

with Garden Salad & Dill-Parsley Mayo

Grab your Meal Kit  
with this symbol



Potato



Garlic & Herb Seasoning



Shredded Cheddar Cheese



Cherry Tomatoes



Garlic



Pork Mince



Fine Breadcrumbs



Nan's Special Seasoning



Mixed Salad Leaves



Flaked Almonds



Dill & Parsley Mayonnaise



Beef Mince

Hands-on: 20-30 mins  
Ready in: 35-45 mins

Tender and flavourful pork rissoles are the star of the show tonight. Just add a medley of veggies and cheesy fries and it's satisfaction, guaranteed.



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

Two oven trays lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
garlic & herb seasoning	1 sachet	2 sachets
shredded Cheddar cheese	1 medium packet	1 large packet
cherry tomatoes	1 punnet	2 punnets
garlic	1 clove	2 cloves
pork mince	1 medium packet	1 large packet
fine breadcrumbs	½ medium packet	1 medium packet
Nan's special seasoning	1 sachet	2 sachets
egg*	1	2
balsamic vinegar*	¾ tsp	1½ tsp
mixed salad leaves	1 bag (60g)	1 bag (120g)
flaked almonds	1 medium packet	1 large packet
dill & parsley	1 packet (50g)	1 packet (100g)
mayonnaise	1 medium packet	1 large packet
beef mince**		

\*Pantry items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3195kJ (764Cal)	564kJ (135Cal)
Protein (g)	46g	8.1g
Fat, total (g)	45.9g	8.1g
- saturated (g)	14g	2.5g
Carbohydrate (g)	40.5g	7.2g
- sugars (g)	8.8g	7.2g
Sodium (mg)	1097mg	194mg

## Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3176kJ (759Cal)	561kJ (134Cal)
Protein (g)	50.1g	8.9g
Fat, total (g)	43.5g	7.7g
- saturated (g)	13.8g	2.4g
Carbohydrate (g)	40.5g	7.2g
- sugars (g)	8.8g	7.2g
Sodium (mg)	1111mg	196mg

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](http://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1



2



3

## Bake the cheesy fries

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** into fries and place on a lined oven tray. Sprinkle with the **garlic & herb seasoning**, drizzle with **olive oil** and season with **salt**. Toss to coat and bake until tender, **20-25 minutes**. In the last **5-8 minutes**, sprinkle the **shredded Cheddar cheese** over the fries and bake until melted and golden.



4



5

## Cook the rissoles

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **pork rissoles**, turning, until browned and cooked through, **9-10 minutes** (cook in batches if your pan is getting crowded).

## Make the salad

While the rissoles are cooking, combine the **balsamic vinegar** and a drizzle of **olive oil** in a medium bowl. Season with **salt** and **pepper**. Add the **mixed salad leaves** and **cherry tomatoes**. Toss to coat.



6

## Get prepped

While the fries are baking, halve the **cherry tomatoes**. Finely chop the **garlic**.

## Make the rissoles

In a large bowl, combine the **pork mince**, **fine breadcrumbs** (see ingredients), **Nan's special seasoning**, **garlic**, **egg** and a generous pinch of **salt**. Using damp hands, form heaped spoonfuls of the mixture into meatballs then flatten to make 2cm-thick rissoles and set aside on a plate. You should get about 3 rissoles per person.

## CUSTOM RECIPE

If you've swapped pork mince for beef mince, prep and cook it in the same way as the pork.

## Serve up

Divide the pork rissoles, cheesy fries and garden salad between plates. Sprinkle with the **flaked almonds** over the salad and serve the **dill & parsley mayonnaise** over the rissoles.

## Enjoy!