



American Pork Rissoles & BBQ Relish

with Rosemary Kumara Wedges

Grab your Meal Kit with this symbol



Kumara



Rosemary



Garlic



Brown Onion



Chopped Tomatoes



BBQ Sauce



Cucumber



Tomato



Carrot



Cos Lettuce Mix



Balsamic & Olive Oil Dressing



Pork Mince



All-American Spice Blend



Fine Breadcrumbs

Hands-on: **30-40 mins**
Ready in: **40-50 mins**

Rissoles, that classic family staple, get a dash of sweetness with a coating of sticky BBQ relish. With rosemary-infused kumara wedges and a fresh garden salad, this meal shines a whole new light on a tried-and-true dinner.

Pantry items

Olive Oil, Brown Sugar, Balsamic Vinegar, Butter, Egg

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 ·
Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
kumara	2 (medium)	2 (large)
rosemary	1 bunch	1 bunch
garlic	1 clove	2 cloves
brown onion	½	1
chopped tomatoes	½ tin	1 tin
BBQ sauce	½ packet	1 packet
brown sugar*	½ tsp	1 tsp
balsamic vinegar*	1 tsp	2 tsp
butter*	10g	20g
cucumber	1 (medium)	1 (large)
tomato	1	2
carrot	½	1
cos lettuce mix	1 bag (60g)	1 bag (120g)
balsamic & olive oil dressing (12.5ml)	½ packet	1 packet (25ml)
pork mince	1 small packet	1 medium packet
All-American spice blend	1 sachet	1 sachet
fine breadcrumbs	1 packet	2 packets
egg*	1	2

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2470kJ (591Cal)	336kJ (80Cal)
Protein (g)	38.7g	5.3g
Fat, total (g)	19.5g	2.7g
- saturated (g)	7.2g	1.0g
Carbohydrate (g)	59.4g	8.1g
- sugars (g)	29.2g	4.0g
Sodium (mg)	1040mg	141mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Bake the wedges

Preheat the oven to **240°C/220°C fan-forced**. Cut the **kumara** (unpeeled) into 1cm wedges. Pick and finely chop the **rosemary** leaves. Place the **wedges** and **rosemary** on an oven tray lined with baking paper. **Drizzle** with **olive oil**, season with **salt** and **pepper** and toss to coat. Bake until tender, **25-30 minutes**.

TIP: Cut the kumara to size so it cooks in time.
TIP: If the kumara doesn't fit in a single layer, spread it across two trays!



4. Make the rissoles

In a large bowl, combine the **pork mince**, **All-American spice blend**, **fine breadcrumbs** and **egg**. Using damp hands, form heaped spoonfuls of the **pork mixture** into meatballs, then flatten to make 2cm-thick rissoles. Transfer to a plate. You should get 4-5 rissoles per person.



2. Make the BBQ relish

While the wedges are baking, finely chop the **garlic** (or use a garlic press). Finely chop the **brown onion** (see ingredients list). In a medium saucepan, heat a **drizzle of olive oil** over a medium-high heat. Add the **onion** and cook until softened, **4-5 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Add the **chopped tomatoes** (see ingredients list), **BBQ sauce** (see ingredients list), **brown sugar** and **balsamic vinegar**. Stir to combine and bring to a simmer, stirring occasionally, until thickened, **7-8 minutes**. Stir through the **butter** until melted. Season to taste and set aside.



5. Cook the rissoles

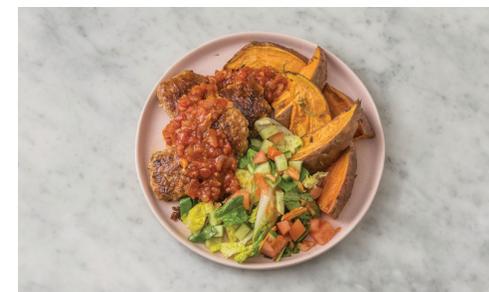
In a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. Cook the **rissoles**, in batches, until browned all over and cooked through, **3-4 minutes** each side. Pour the **BBQ relish** over the **rissoles** and turn to coat.



3. Make the salad

While the relish is simmering, roughly chop the **cucumber** and **tomato**. Grate the **carrot** (see ingredients list), unpeeled. In a large bowl, add the **cucumber**, **tomato**, **carrot** and **cos lettuce mix**. Just before serving, add the **balsamic & olive oil dressing** (see ingredients list) and toss to coat.

TIP: Toss the salad just before serving to keep the leaves crisp.



6. Serve up

Divide the American pork rissoles, rosemary kumara wedges and garden salad between plates. Spoon any excess BBQ relish from the pan over the rissoles.

Enjoy!