



CARIBBEAN PORK RISSOLES

with Potato Wedges & Mango Mayonnaise



Add Caribbean flavours to rissoles



Potato



Garlic



Tomato



Cos Lettuce



Lime



Sweetcorn



Pork Mince



Mild Caribbean Jerk Seasoning



Fine Breadcrumbs



Mango Mayonnaise

Hands-on: **25 mins**
Ready in: **45 mins**

Add a medley of mild spice to your rissoles by giving them a little island flair! Straight from the Caribbean, this jerk seasoning brings unmistakable flavour and fun to the humble rissole. Paired with a fresh garden salad and roasted wedges, this is a colourful take on this classic dinner.

Pantry Staples: Olive Oil, Honey, Eggs

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **two oven trays** lined with **baking paper**
- **large frying pan**



1 BAKE THE WEDGES

Preheat the oven to **220°C/200°C fan-forced**. Cut the **potato** (unpeeled) into 1cm wedges. Spread the wedges on an oven tray lined with baking paper. **Drizzle** with **olive oil**, season with a **pinch** of **salt** and **pepper** and toss to coat. Bake on the top shelf until tender, **25-30 minutes**. **TIP:** *Cut the potato to the correct size so it cooks in the allocated time.*



2 PREP THE VEG & DRESSING

While the wedges are baking, finely chop the **garlic** (or use a garlic press). Roughly chop the **tomato**. Shred the **cos lettuce**. Slice the **lime** into wedges. In a large bowl, combine a **squeeze** of lime juice, the **honey**, a **drizzle** of **olive oil** and a **pinch** of **salt** and **pepper**. Stir to combine and set aside.



3 MAKE THE SALAD

Drain the **sweetcorn**. Heat a large frying pan over a high heat. Add the corn kernels and cook until lightly browned, **4-5 minutes**. **TIP:** *Cover the pan with a lid if the kernels are jumping out.* Add the corn, **tomato** and **cos lettuce** to the large bowl with the dressing and toss to coat.



4 MAKE THE RISSOLES

Add the **pork mince**, **garlic**, **mild Caribbean jerk seasoning**, **fine breadcrumbs** and **eggs** to a large bowl. Mix to combine well. 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 4-5 rissoles per person.



5 COOK THE RISSOLES

Return the large frying pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **pork rissoles** and cook until browned and cooked through, **4-5 minutes** each side. Set aside on a plate and cover to keep warm.



6 SERVE UP

Divide the Caribbean pork rissoles, potato wedges and corn salad between plates. Serve with the **mango mayonnaise** and remaining lime wedges.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
potato	4
garlic	4 cloves
tomato	4
cos lettuce	1 head
lime	1
honey*	2 tsp
sweetcorn	1 tin (300 g)
pork mince	1 packet
mild Caribbean jerk seasoning	2 sachets
fine breadcrumbs	1 packet
eggs*	2
mango mayonnaise	1 tub (100 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3320kJ (749Cal)	446kJ (107Cal)
Protein (g)	47.0g	6.3g
Fat, total (g)	33.5g	4.5g
- saturated (g)	6.8g	0.9g
Carbohydrate (g)	71.5g	9.6g
- sugars (g)	20.1g	2.7g
Sodium (g)	1040mg	139mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589
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