



Caribbean-Spiced Pork Rissoles

with Wedges, Corn Salad & Mango Mayo

Grab your Meal Kit with this symbol



Potato



Garlic



Tomato



Sweetcorn



Pork Mince



Mild Caribbean Jerk Seasoning



Fine Breadcrumbs



Mixed Salad Leaves



Mango Mayonnaise

Hands-on: **20-30 mins**
 Ready in: **40-50 mins**

Calorie Smart

Give your rissoles some island flair with our Caribbean jerk seasoning, sure to bring the flavour to your table. Complete with hand cut wedges, a juicy corn salad and our sweet and tangy mango mayo, this dish tastes like a holiday,

Pantry items

Olive Oil, Honey, White Wine Vinegar, 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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
garlic	2 cloves	4 cloves
tomato	1	2
sweetcorn	1 tin (125g)	1 tin (300g)
honey*	1 tsp	2 tsp
white wine vinegar*	drizzle	drizzle
pork mince	1 small packet	1 medium packet
mild Caribbean jerk seasoning	1 sachet	2 sachets
fine breadcrumbs	½ medium packet	1 medium packet
egg*	1	2
mixed salad leaves	1 medium bag	1 large bag
mango	1 packet	1 packet
mayonnaise	(50g)	(100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2715kJ (648Cal)	495kJ (118Cal)
Protein (g)	36.9g	6.7g
Fat, total (g)	34.4g	6.3g
- saturated (g)	7.8g	1.4g
Carbohydrate (g)	45.3g	8.3g
- sugars (g)	11.4g	2.1g
Sodium (mg)	1058mg	193mg

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Bake the wedges

Preheat oven to **240°C/220°C fan-forced**. Cut the **potato** into wedges. Place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Bake until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide the wedges between two trays.



Get prepped

While the wedges are baking, finely chop the **garlic**. Roughly chop the **tomato**. Drain the **sweetcorn**. In a large bowl, combine the **honey** and a drizzle of **white wine vinegar** and **olive oil**. Season with **salt** and **pepper**. Set aside.



Char the corn

Heat a large frying pan over a high heat. Cook the **corn** kernels until lightly browned, **4-5 minutes**. Transfer to the bowl with the **honey-vinegar dressing**.

TIP: Cover the pan with a lid if the kernels are "popping" out.



Cook the rissoles

In a large bowl, combine the **pork mince**, **garlic**, **mild Caribbean jerk seasoning**, **fine breadcrumbs** (see ingredients) and **egg**. Using damp hands, form heaped spoonfuls of the **rissole mixture** into meatballs, then flatten to make 2cm-thick rissoles. Transfer to a plate. You should get 3-4 rissoles per person. Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **rissoles**, in batches, until browned and cooked through, **4-5 minutes** each side. Remove from the heat.



Toss the salad

When the rissoles are almost done, add the **tomato** and **mixed salad leaves** to the bowl with the **corn** and **dressing**. Toss to coat.



Serve up

Divide the Caribbean-spiced pork rissoles, wedges and corn salad between plates. Serve with the **mango mayonnaise**.

Enjoy!

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