



# Garlic & Herb Pork Rissoles

with Roasted Veggies & Dill-Parsley Mayo

Grab your Meal Kit with this symbol



Parsnip



Carrot



White Turnip



Garlic



Pork Mince



Panko Breadcrumbs



Garlic & Herb Seasoning



Baby Spinach Leaves



Grated Parmesan Cheese



Dill & Parsley Mayonnaise

### Keep an eye out...

Due to recent sourcing challenges, we've replaced courgette with white turnip, which may be a little different to what's pictured. Don't worry, your recipe will be just as delicious!

### Pantry items

Olive Oil, Egg

Hands-on: 15-25 mins  
Ready in: 30-40 mins

Carb Smart

Give rissoles a herby hit with garlic and herb seasoning, plus Parmesan for an easy flavour boost. With wholesome roasted veggies and our favourite creamy dill-parsley mayo, this meal shines a whole new (carb friendly) light on a tried-and-true dinner.

## 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
parsnip	1	2
carrot	1	2
white turnip	1	2
garlic	3 cloves	6 cloves
pork mince	1 packet	1 packet
panko breadcrumbs	½ packet	1 packet
egg*	1	2
garlic & herb seasoning	1 sachet	1 sachet
salt*	¼ tsp	½ tsp
baby spinach leaves	1 bag (60g)	1 bag (120g)
grated Parmesan cheese	1 packet (30g)	1 packet (60g)
dill & parsley	1 packet	1 packet
mayonnaise	(50g)	(100g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2568kJ (613Cal)	493kJ (117Cal)
Protein (g)	40g	7.7g
Fat, total (g)	37.1g	7.1g
- saturated (g)	9.9g	1.9g
Carbohydrate (g)	28.9g	5.6g
- sugars (g)	12.3g	2.4g
Sodium (mg)	1174mg	226mg
Dietary Fibre	8.5g	1.6g

The quantities provided above are averages only.

## Allergens

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

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

1



## Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**. Cut **parsnip, carrot** and **white turnip** into bite-sized chunks.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat. Spread out evenly, then roast until tender, **20-25 minutes**.

3



## Cook the rissoles

- When veggies have **10 minutes** cook time remaining, heat a large frying pan over a medium-high heat with a drizzle of **olive oil**.
- Cook **rissoles**, in batches, until browned and cooked through, **3-4 minutes** each side.

2



## Make the rissoles

- While veggies are roasting, finely chop **garlic**.
- In a large bowl combine **pork mince, garlic, panko breadcrumbs** (see ingredients), **egg, garlic & herb seasoning** and the **salt**. Using damp hands, form heaped spoonfuls of **pork mixture** into meatballs, then flatten to make 2cm-thick rissoles. Transfer to a plate. You should get 3-4 rissoles per person.

4



## Serve up

- Add **baby spinach leaves** to roasted veggies and toss to combine.
- Divide roast veggie toss between plates. Top with pork rissoles.
- Sprinkle with **grated Parmesan cheese**. Spoon over **dill & parsley mayonnaise** to serve.

## Enjoy!