

Nan's Pork Rissoles & Cheesy Fries

with Garden Salad & Dill-Parsley Mayo

Grab your Meal Kit with this symbol 



Potato



Garlic & Herb Seasoning



Shredded Cheddar Cheese



Tomato



Cucumber



Garlic



Pork Mince



Fine Breadcrumbs



Nan's Special Seasoning



Flaked Almonds



Mixed Salad Leaves



Dill & Parsley Mayonnaise

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

Nan's special seasoning is full of flavour, thanks to paprika, pepper, onion and garlic, and when used to make these rissoles, it's simply heavenly! Add a medley of veggies and cheesy fries and it's satisfaction, guaranteed.

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

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 & herb seasoning	1 sachet	2 sachets
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
tomato	1	2
cucumber	1	2
garlic	1 clove	2 cloves
pork mince	1 medium packet	1 large packet
fine breadcrumbs	½ packet	1 packet
Nan's special seasoning	1 sachet	2 sachets
egg*	1	2
flaked almonds	1 packet	2 packets
balsamic vinegar*	¾ tsp	1½ tsp
mixed salad leaves	1 bag (30g)	1 bag (60g)
dill & parsley	1 packet	1 packet
mayonnaise	(50g)	(100g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2676kJ (639Cal)	515kJ (123Cal)
Protein (g)	44g	8.5g
Fat, total (g)	32.9g	6.3g
- saturated (g)	14.3g	2.8g
Carbohydrate (g)	39.1g	7.5g
- sugars (g)	7.4g	1.4g
Sodium (mg)	1010mg	194mg

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.

If you have any questions or concerns, please visit hellofresh.com.au/contact

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Bake the cheesy fries

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 1cm fries. Place on an oven tray lined with baking paper. Sprinkle with the **garlic & herb seasoning**, drizzle with **olive oil** and season with **salt**. Toss to coat. Bake until tender, **20-25 minutes**. In the last **8 minutes** of cook time, scatter the **shredded Cheddar cheese** over the **fries** then return to the oven and bake until melted and golden.

TIP: If your tray is getting crowded, divide the potato between two trays.



Cook the rissoles

Heat a large frying pan over a medium-high heat. Add the **flaked almonds** and toast until golden, **2-3 minutes**. Transfer to a small bowl. Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **pork rissoles**, turning, until browned and cooked through, **9-10 minutes** (cook in batches if your pan is getting crowded). Transfer to a plate.



Get prepped

While the fries are baking, roughly chop the **tomato** and **cucumber**. Finely chop the **garlic**.



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**, **tomato** and **cucumber**. Toss to coat.



Make the rissoles

In a medium bowl, combine the **pork mince**, **fine breadcrumbs** (see ingredients), **Nan's special seasoning**, **garlic** and **egg**, then season with **salt**. Using damp hands, form heaped spoonfuls of the mixture into balls then flatten to make 2cm thick rissoles. Transfer to a plate. You should get about 4-5 rissoles per person.



Serve up

Divide the cheesy fries, Nan's pork rissoles and salad between plates. Scatter the flaked almonds over the salad. Serve with the **dill & parsley mayonnaise**.

TIP: For the Calorie Smart option, serve without the dill & parsley mayonnaise and flaked almonds.

Enjoy!