



# PORK & APPLE RISSOLES

with Kumara Wedges & Parmesan Salad



Add grated apple to rissoles for moisture and flavour



Hands-on: 35 mins  
Ready in: 40 mins

Rissoles, that classic family staple, get a dash of sweetness with grated apple stirred into the pork mixture. With sweet potato wedges and a fresh salad, this meal shines a whole new light on a tried-and-true dinner.

Kumara	Garlic
Eschalot	Apple
Fine Breadcrumbs	Lemon Pepper Spice Blend
Pork Mince	Cherry Tomatoes
Shaved Parmesan Cheese	Cos Lettuce Mix
Garlic Aioli	

**Pantry Staples:** Olive Oil, Butter, Brown Sugar, Egg, Balsamic Vinegar

# 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 ROAST THE KUMARA

Preheat the oven to **240°C/220°C fan-forced**. Cut the **kumara** (unpeeled) into 1cm wedges. Spread the kumara over two oven trays lined with baking paper. **Drizzle** with **olive oil**, season with a **pinch of salt** and **pepper** and toss to coat. Roast until tender, **25-30 minutes**.



## 2 COOK THE APPLE

While the kumara is roasting, finely chop the **garlic** (or use a garlic press). Thinly slice the **eschalot**. Grate the **apple**. In a large frying pan, heat the **butter** over a medium-high heat. Add the eschalot and cook until softened, **2 minutes**. Add the grated apple and **brown sugar** and cook until softened, **2-3 minutes**. Season with **salt** and **pepper** and transfer to a medium bowl. Set aside to cool slightly.



## 3 MAKE THE RISSOLES

Add the **fine breadcrumbs**, **garlic**, **lemon pepper spice blend**, **pork mince**, **egg** and the **salt** to the bowl with the **apple mixture**. Combine well. Using damp hands, form the mixture into 2cm thick rissoles. You should get 3 rissoles per person.

**TIP:** Pack the rissoles firmly so they hold together while cooking.



## 4 COOK THE RISSOLES

Return the frying pan to a medium-high heat with a **drizzle of olive oil**. Add **1/2 the rissoles** and cook, flipping occasionally, until golden and cooked through, **3-4 minutes** each side. Set aside on a plate and repeat with the remaining rissoles. **TIP:** Don't worry if the rissoles char a little, this adds to the flavour!



## 5 DRESS THE SALAD

While the rissoles are cooking, slice the **cherry tomatoes** in half. In a large bowl, combine **1 tbs olive oil** with the **balsamic vinegar** and a **pinch of salt** and **pepper**. Mix well. Add the cherry tomatoes, **shaved Parmesan cheese** (see ingredients list) and **cos lettuce mix**. Just before serving, toss to coat in the dressing.

# ENJOY!

## 4-5 PEOPLE INGREDIENTS

4-5P	
olive oil*	refer to method
kumara	4
garlic	2 cloves
eschalot	1
apple	2
butter*	20g
brown sugar*	1 tsp
fine breadcrumbs	2 packets
lemon pepper spice blend	2 sachets
pork mince	1 packet
egg*	1
salt*	1 tsp
cherry tomatoes	1 punnet
balsamic vinegar*	2 tsp
shaved Parmesan cheese	¾ packet
cos lettuce mix	1 bag (60 g)
garlic aioli	1 tub (100 g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3190kJ (763Cal)	517kJ (123Cal)
Protein (g)	44.0g	7.1g
Fat, total (g)	38.8g	6.3g
- saturated (g)	11.8g	1.9g
Carbohydrate (g)	53.9g	8.7g
- sugars (g)	26.5g	4.3g
Sodium (g)	1240mg	201mg

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

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