



Dinner - Saucy Tex-Mex Pork Rissoles with Kumara Fries
Lunch - Tex-Mex Rissole Slaw with Sour Cream Dressing



Grab your Meal Kit with this symbol



Kumara



Capsicum



Sweetcorn



Cherry Tomatoes



Coriander



Spring Onion



Garlic



Lime



Pork Mince



Tex-Mex Spice Blend



Fine Breadcrumbs



Enchilada Sauce



Sour Cream

FOR YOUR LUNCH



Cucumber



Slaw Mix



Feta

DINNER
 Hands-on: 40-50 mins
 Ready in: 40-50 mins

LUNCH
 Ready in: 10 mins

Cook once, with a twist for lunch. Cook an amazing dinner as usual, then put a new spin on the recipe to create something different for lunch the next day. This week, enjoy some juicy pork rissoles with a zingy salsa, then devour a veggie-packed slaw with creamy feta for lunch!

Pantry items
 Olive Oil, Eggs

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

Two oven trays lined with baking paper
Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
kumara	2 (medium)	2 (large)
capsicum	1	2
sweetcorn	½ tin	1 tin
cherry tomatoes	1 punnet	1 punnet
coriander	1 bunch	1 bunch
spring onion	1 bunch	1 bunch
garlic	2 cloves	3 cloves
lime	½	1
pork mince	1 packet	1 large & 1 small packet
Tex-Mex spice blend	2 sachets	3 sachets
eggs*	2	3
fine breadcrumbs	1 packet	2 packets
enchilada sauce	1 packet (140g)	2 packets (280g)
sour cream	2 packets (200g)	3 packets (300g)
cucumber	1	1
slaw mix	1 bag (200g)	1 bag (200g)
feta	1 block (50g)	1 block (50g)

*Pantry Items

Nutrition

DINNER	PER SERVING	PER 100G
Energy (kJ)	2900kJ (693Cal)	390kJ (93Cal)
Protein (g)	46.9g	6.3g
Fat, total (g)	27.8g	3.7g
- saturated (g)	11.6g	1.6g
Carbohydrate (g)	58.3g	7.8g
- sugars (g)	24.1g	3.2g
Sodium (mg)	1040mg	140mg
LUNCH		
Energy (kJ)	2280kJ (546Cal)	466kJ (111Cal)
Protein (g)	43.9g	9.0g
Fat, total (g)	32.2g	6.6g
- saturated (g)	15.4g	3.2g
Carbohydrate (g)	18.0g	3.7g
- sugars (g)	10.7g	2.2g
Sodium (mg)	1180mg	242mg

Allergens

Always read product labels for the most up-to-date allergen information. Visit [HelloFresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

DINNER



1. Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **kumara** (unpeeled) into 1cm fries. Thinly slice the **capsicum** into strips. Drain the **sweetcorn** (see **ingredients list**). Place the **kumara** on an oven tray lined with baking paper. Place the **capsicum** and **sweetcorn** on a second oven tray lined with baking paper. **Drizzle** both trays with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast until tender, **25-30 minutes**.

TIP: Cut the veggies to the correct size so they cook in the allocated time.



4. Cook the rissoles

Heat a large frying pan over a medium-high heat with a **generous drizzle** of **olive oil**. Working in batches, add **1/2** the **pork rissoles** to the pan and cook until browned and cooked through, **4-5 minutes** each side. Transfer to a plate. Repeat with the **remaining rissoles**. Set aside **1/2** the **rissoles** for lunch, then return the **remaining rissoles** to the pan. Add the **enchilada sauce**, then turn the rissoles to coat and simmer until the sauce is heated through, **1 minute**.

TIP: Add extra oil between batches if needed.



2. Get prepped

While the veggies are roasting, slice the **cherry tomatoes** in half. Roughly chop the **coriander**. Thinly slice the **spring onion**. Finely chop the **garlic** (or use a garlic press). Zest the **lime** (see **ingredients list**) to get a **pinch**, then slice into wedges (set 2 portions aside for lunch!). In a medium bowl, combine the **cherry tomatoes**, **coriander** and **1/2** the **spring onion**. Set aside.



5. Serve up dinner

Reserve **2 portions** of the roasted **capsicum** and **corn** for lunch, then add the **remaining capsicum** and **corn** to the **cherry tomato salsa**. Add a **squeeze** of **lime juice**, a **drizzle** of **olive oil** and season with a **pinch** of **salt** and **pepper**. Toss to combine. Divide the **enchilada pork rissoles**, **kumara fries** and **cherry tomato salsa** between plates. Serve with any **remaining lime wedges** and a dollop of **sour cream** (reserve 100g for lunch).



3. Make the rissoles

In a large bowl, combine the **pork mince**, **Tex-Mex spice blend**, **eggs**, **fine breadcrumbs**, **garlic** and the **remaining spring onion**. Season with a pinch of **salt** and **pepper** and mix well. Using damp hands, form heaped spoonfuls of the **mixture** into meatballs, then flatten to make 2cm-thick rissoles. Set aside on a plate. You should get 4-5 rissoles per person.



6. Make lunch

When you're ready to pack your lunch. Roughly chop the **cucumber**. Divide the **reserved sour cream**, **lime zest**, a **generous squeeze** of **lime juice**, a **drizzle** of **olive oil** and a **generous pinch** of **salt** and **pepper** between 2 containers. Stir to combine. Top with the **slaw mix**, **reserved roast veggies**, **cucumber**, crumbled **feta** and **reserved pork rissoles**. Refrigerate. At lunch, remove the **pork rissoles** and microwave until piping hot, **2-3 minutes**. Toss the **salad** to combine. Season to taste with **salt** and **pepper**. Top with the **rissoles**.

TIP: Packing the dressing on the bottom keeps the slaw crisp overnight!

Enjoy!