



Teriyaki-Glazed Pork Rissoules

with Garlic Rice & Asian Slaw

Grab your Meal Kit
with this symbol



Garlic



Basmati Rice



Pear



Spring Onion



Lime



Ginger



Japanese Dressing



Mayonnaise



Pork Mince



Fine Breadcrumbs



Teriyaki Sauce



Slaw Mix



Black Sesame Seeds

Hands-on: 30-40 mins
Ready in: 35-45 mins

The humble rissole gets a whole new look and taste with this easy Asian-inspired version, using umami-rich teriyaki sauce. Garlicky rice and a crisp and colourful slaw are the perfect sidekicks!

Pantry items

Olive Oil, Butter, 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

Medium saucepan with lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	20g	40g
water* (for the rice)	1½ cups	3 cups
salt* (for the rice)	¼ tsp	½ tsp
basmati rice	1 packet	2 packets
pear	1	2
spring onion	2 stems	4 stems
lime	½	1
ginger	1 knob	2 knobs
Japanese dressing	½ tub	1 tub
mayonnaise	½ packet (20g)	1 packet (40g)
egg*	1	2
pork mince	1 small packet	1 medium packet
fine breadcrumbs	1 packet	2 packets
salt* (for the pork)	¼ tsp	½ tsp
teriyaki sauce	½ sachet	1 sachet
water* (for the sauce)	1½ tbs	3 tbs
slaw mix	1 bag (150g)	1 bag (300g)
black sesame seeds	½ sachet	1 sachet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3795kJ (907Cal)	764kJ (182Cal)
Protein (g)	38.2g	7.7g
Fat, total (g)	40.9g	8.2g
- saturated (g)	13g	2.6g
Carbohydrate (g)	90.9g	18.3g
- sugars (g)	19.9g	4g
Sodium (mg)	1464mg	295mg

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.



1

Cook the garlic rice

Finely chop the **garlic**. In a medium saucepan, melt the **butter** over a medium-high heat. Add the **garlic** and cook until fragrant, **1 minute**. Add the **water (for the rice)** and **salt (for the rice)** and bring to the boil. Add the **basmati rice**, stir, cover with a lid and reduce the heat to low. Cook for **10 minutes**, then remove the pan from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!



2

Get prepped

While the rice is cooking, thinly slice the **pear** into matchsticks. Thinly slice the **spring onion**. Cut the **lime** into wedges. Finely grate the **ginger**. In a large bowl, combine the **Japanese dressing** (see ingredients), **mayonnaise** (see ingredients) and a generous squeeze of **lime juice**.



3

Make the rissoles

In a medium bowl, combine the **egg, pork mince, spring onion, ginger, fine breadcrumbs**, and the **salt (for the pork)**. Using damp hands, shape heaped tablespoons of the mixture into meatballs, then flatten into 1cm-thick rissoles. Transfer to a plate.



4

Cook the rissoles

Heat a good drizzle of **olive oil** in a large frying pan over a medium-high heat. Cook the **pork rissoles**, turning occasionally, until browned and cooked through, **6-8 minutes** (cook in batches if your pan is getting crowded). Add the **teriyaki sauce** (see ingredients) and the **water (for the sauce)** to the pan, then remove from the heat. Turn the **patties** to coat in the glaze.



5

Dress the slaw

Add the **slaw mix**, **pear** and a sprinkle of the **black sesame seeds** to the **dressing** and toss to coat. Season to taste.



6

Serve up

Divide the garlic rice, pork rissoles and Asian slaw between plates. Sprinkle with a little of the black sesame seeds. Serve with any remaining lime wedges.

Enjoy!