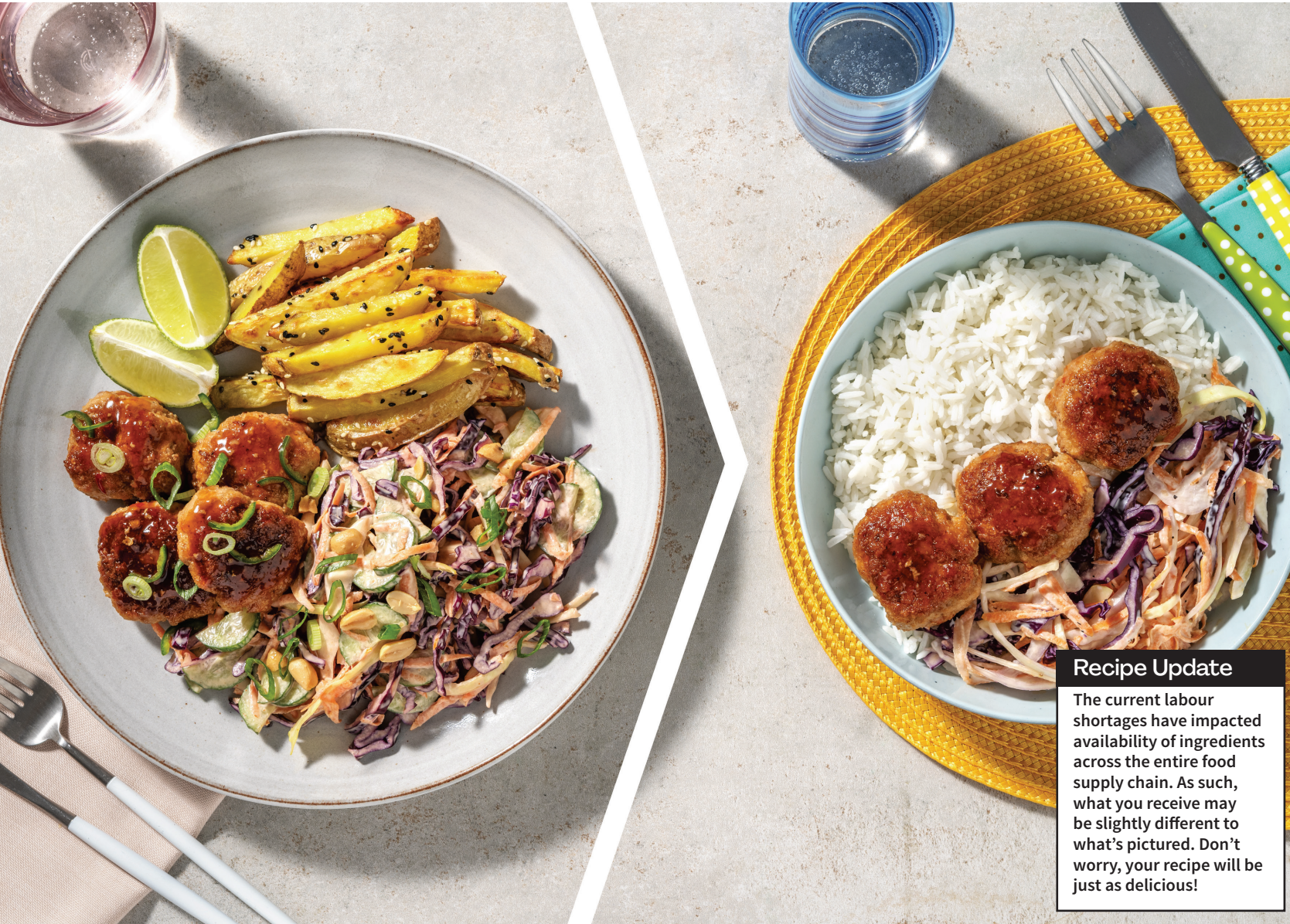


Dinner - Sweet Chilli-Glazed Pork Rissoles & Sesame Fries + Kids' Dinner - Sweet Chilli Pork Rissoles with Rice & Slaw

Grab your Meal Kit with this symbol



Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!



Potato



Carrot



Lime



Fresh Chilli (Optional)



Sweet Soy Seasoning



Garlic Aioli



Crushed Peanuts



Shredded Cabbage Mix



Microwavable Basmati Rice



Mixed Sesame Seeds



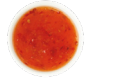
Cucumber



Spring Onion



Fine Breadcrumbs



Sweet Chilli Sauce



Sriracha



Pork Mince

+ Kids' Dinner



Creamy Salad Dressing

Pantry items

Olive Oil, Eggs, Soy Sauce, Rice Wine Vinegar, Butter

Prep in: 30-40 mins
Ready in: 35-45 mins

Enjoy one meal, two ways with our + Kids' Dinner range. Cook a delicious dinner for the adults and at the same time create a kid-friendly meal for the kids with a simple twist. Sweet chilli is an all-time favourite flavour combo, turn it into a glaze and slather it over pork rissoles for a tasty dinner. Reserve a portion and transform this dish into something new for the kids by adding fluffy rice!

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
mixed sesame seeds	1 medium sachet	1 large sachet
carrot	2	3
cucumber	1 (medium)	1 (large)
lime	½	1
spring onion	1 stem	2 stems
fresh chilli (optional) 🌶️	½	1
pork mince	1 large packet	1 large packet & 1 medium packet
fine breadcrumbs	1 large packet	1 small packet & 1 large packet
sweet soy seasoning	2 sachets	3 sachets
eggs*	2	3
sweet chilli sauce	1 packet (100g)	1 packet (100g) & 1 packet (50g)
soy sauce*	1 tbs	2 tbs
shredded cabbage mix	1 bag (300g)	1 bag (300g) & 1 bag (150g)
garlic aioli	1 medium packet	1 large packet
sriracha	1 packet (20g)	1 packet (40g)
rice wine vinegar*	drizzle	drizzle
crushed peanuts	1 packet	2 packets
microwavable basmati rice	1 packet	1 packet
butter*	20g	40g
creamy salad dressing	1 large packet	1 large packet

*Pantry Items

Nutrition

Dinner		
Avg Qty	Per Serving	Per 100g
Energy (kJ)	3090kJ (738Cal)	488kJ (117Cal)
Protein (g)	42.2g	6.7g
Fat, total (g)	36.9g	5.8g
- saturated (g)	6.8g	1.1g
Carbohydrate (g)	54.2g	8.6g
- sugars (g)	25.3g	4.0g
Sodium (g)	1430mg	227mg
Dinner 2.0		
Avg Qty	Per Serving	Per 100g
Energy (kJ)	3070kJ (733Cal)	629kJ (150Cal)
Protein (g)	35.9g	7.4g
Fat, total (g)	32.5g	6.7g
- saturated (g)	11.5g	2.4g
Carbohydrate (g)	71.3g	14.6g
- sugars (g)	24.2g	5.0g
Sodium (mg)	1620mg	332mg

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns

2022 | CW24



1



Bake the sesame fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into fries. Place on a lined oven tray. Sprinkle over **mixed sesame seeds**, drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then bake until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide between two trays.

Little cooks: Kids can help with sprinkling over the mixed sesame seeds and tossing the fries.

4



Cook the rissoles

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **rissoles** in batches, until browned and cooked through, **3-4 minutes** each side.
- Remove pan from heat, then add **sweet chilli sauce**, the **soy sauce**, a squeeze of **lime juice** and a splash of **water**, turning rissoles to coat.
- Reserve two portions of rissoles for the kids' dinner in a microwave-safe container. Refrigerate.

2



Get prepped

- Meanwhile, grate **carrot**. Slice **cucumber** into half-moons. Slice **lime** into wedges. Thinly slice **spring onion** and **fresh chilli** (if using).

Little cooks: Older kids can help grate the carrot with adult supervision.

5



Serve the adults' dinner

- In a large bowl, combine **shredded cabbage mix** and **carrot**. Reserve two portions of slaw for the kids' dinner in a reusable container. Refrigerate.
- To the remaining slaw, add **cucumber**, **garlic aioli**, **sriracha** and a drizzle of **rice wine vinegar**. Season and toss to combine.
- Divide sweet chilli-glazed **pork rissoles**, **sesame fries** and **sriracha slaw** between plates.
- Top with **crushed peanuts** and garnish with **spring onion** and **chilli**. Serve with remaining **lime wedges**.

3



Make the rissoles

- In a medium bowl, combine **pork mince**, **fine breadcrumbs**, **sweet soy seasoning**, the **eggs** and a pinch of **salt** and **pepper**.
- Using damp hands, roll heaped spoonfuls of **pork mixture** into meatballs, then flatten to make 2cm-thick rissoles (3-4 per person). Transfer to a plate.

Little cooks: Join the fun by helping combine the ingredients and shaping the mixture into rissoles!

6



Serve up

- When you're ready to make the kids' dinner, reheat rissoles in microwave for **30 second** bursts, until heated through.
- Microwave **basmati rice** until steaming, **2-3 minutes**. Stir the **butter** through and season to taste.
- Meanwhile, combine slaw with **creamy salad dressing** and a drizzle of olive oil. Season to taste.
- Divide sweet chilli-glazed pork rissoles, rice and creamy slaw between bowls. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate