



# Teriyaki-Glazed Pork Rissoles

## with Garlic Rice & Asian Slaw

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Snow Peas



Spring Onion



Japanese Dressing



Mayonnaise



Pork Mince



Fine Breadcrumbs



Teriyaki Sauce



Slaw Mix

Hands-on: **35 mins**  
Ready in: **40 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, Rice Wine Vinegar (or White Wine Vinegar), 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

Medium saucepan with a lid · Large frying pan

### Ingredients

	4 People
olive oil*	refer to method
garlic	4 cloves
butter*	40g
water* (for the rice)	3 cups
basmati rice	2 packets
snow peas	1 bag (200g)
spring onion	1 bunch
Japanese dressing	1 tub (30g)
mayonnaise	2 packets (80g)
rice wine vinegar* (or white wine vinegar)	2 tsp
pork mince	1 packet
fine breadcrumbs	2 packets
eggs*	2
salt*	½ tsp
teriyaki sauce	1 sachet (130g)
water* (for the sauce)	3 tbs
slaw mix	1 bag (300g)

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	3550kJ (849Cal)	765kJ (183Cal)
Protein (g)	42.1g	9.1g
Fat, total (g)	35.8g	7.7g
- saturated (g)	11.1g	2.4g
Carbohydrate (g)	85.0g	18.3g
- sugars (g)	14.7g	3.2g
Sodium (g)	1320mg	283mg

### Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.com.au/foodinfo](https://www.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** (or use a garlic press). In a medium saucepan, melt the **butter** with a **dash** of **olive oil** over a medium-high heat. Add the **garlic** and cook until fragrant, **1 minute**. Add the **water (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!



## 4. Cook the rissoles

Heat a large frying pan over a medium-high heat with a **good drizzle** of **olive oil**. Add **1/2** the **pork rissoles** and cook, turning occasionally, until browned and cooked through, **6-8 minutes**. Transfer the **rissoles** to a plate and repeat with the **remaining rissoles**. Return all the **rissoles** to the pan with the **teriyaki sauce** and the **water (for the sauce)**, then remove the pan from the heat. Turn the patties to coat in the glaze.



## 2. Prep the veg & slaw dressing

While the rice is cooking, trim the **snow peas** and cut into 1cm strips. Thinly slice the **spring onion**. In a large bowl, combine the **Japanese dressing**, **mayonnaise** and **rice wine vinegar**.



## 5. Dress the slaw

Add the **slaw mix** and **snow peas** to the bowl with the **dressing** and toss to coat. Season to taste with **salt** and **pepper**.



## 3. Make the rissoles

In a medium bowl, combine the **pork mince**, **spring onion**, **fine breadcrumbs**, **eggs** and the **salt**. Using damp hands, shape heaped tablespoons of the mixture into meatballs, then flatten into 1cm-thick rissoles. Set aside on a plate.



## 6. Serve up

Divide the garlic rice, teriyaki-glazed pork rissoles and Asian slaw between plates.

**Enjoy!**