



# Almond & Currant-Stuffed Pork Rissoles

with Crunchy Cos Salad, Beetroot Relish & Fries

XMAS IN JULY

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Apple



Cos Lettuce



Roasted Almonds



Pork Mince



Fine Breadcrumbs



Aussie Spice Blend



Currants



Beetroot Relish



Dill & Parsley Mayonnaise



Beef Mince

Prep in: 20-30 mins  
Ready in: 30-40 mins

These rissoles are packed to burst with the sweetest and juiciest flavours we could find. Bite in and enjoy the currants and almonds wrapped in mild spices, they make rissoles the perfect gift for your tastebuds, so present them with a beetroot relish as the finishing touch. It's like Christmas has come early!

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Egg, Vinegar (White Wine or Balsamic)

## Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
apple	1	2
cos lettuce	½ head	1 head
roasted almonds	1 packet	2 packets
pork mince	1 packet	1 packet
fine breadcrumbs	1 medium packet	1 large packet
<b>egg*</b>	1	2
Aussie spice blend	1 medium sachet	1 large sachet
currants	1 medium packet	1 large packet
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
beetroot relish	1 packet	2 packets
dill & parsley mayonnaise	1 packet (40g)	1 packet (80g)
beef mince**	1 packet	1 packet (or 2 packets)

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3139kJ (750Cal)	579kJ (138Cal)
Protein (g)	39.4g	7.3g
Fat, total (g)	36.9g	6.8g
- saturated (g)	7.5g	1.4g
Carbohydrate (g)	64.9g	12g
- sugars (g)	30.2g	5.6g
Sodium (mg)	905mg	167mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3430kJ (820Cal)	633kJ (151Cal)
Protein (g)	43.6g	8g
Fat, total (g)	41.4g	7.6g
- saturated (g)	10.4g	1.9g
Carbohydrate (g)	64.9g	12g
- sugars (g)	30.2g	5.6g
Sodium (mg)	870mg	161mg

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](https://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

2023 | CW28



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## Bake the fries

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

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.

**Custom Recipe:** Cook beef rissoles in the same way as above.

2



## Get prepped

- Meanwhile, thinly slice **apple**. Finely shred **cos lettuce** (see ingredients). Roughly chop **roasted almonds**.

5



## Make the salad

- Meanwhile, combine **apple**, **cos lettuce** and a drizzle of **vinegar** and **olive oil** in a second medium bowl. Season to taste.

3



## Prep the rissoles

- In a medium bowl, combine **pork mince**, **fine breadcrumbs**, the **egg**, **Aussie spice blend**, **almonds**, **currants** and a pinch of **salt** and **pepper**.
- Using damp hands, roll heaped spoonfuls of **pork mixture** into rissoles, 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!

**Custom Recipe:** If you've swapped to beef mince, prep rissoles in the same way as above.

6



## Serve up

- Divide almond and currant-stuffed pork rissoles, apple salad and fries between plates.
- Top rissoles with **beetroot relish**. Serve with **dill & parsley mayonnaise**. Enjoy!

**Little cooks:** Add the finishing touch by spooning over the relish!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)