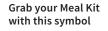


Almond & Currant-Stuffed Pork Rissoles

with Crunchy Cos Salad, Beetroot Relish & Fries

XMAS IN JULY

KID FRIENDLY













Cos Lettuce



Roasted Almonds





Pork Mince





Aussie Spice



Blend





Dill & Parsley

Mayonnaise

Currants

Beetroot Relish



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!

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
refer to method	refer to method
2	4
1	2
½ head	1 head
1 packet	2 packets
1 packet	1 packet
1 medium packet	1 large packet
1	2
1 medium sachet	1 large sachet
1 medium packet	1 large packet
drizzle	drizzle
1 packet	2 packets
1 packet (40g)	1 packet (80g)
1 packet	1 packet (or 2 packets)
	refer to method 2 1 1 ½ head 1 packet 1 packet 1 medium packet 1 medium packet drizzle 1 packet 1 packet drizzle 1 packet (40g)

^{*}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

2023 | CW28

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.







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.



Get prepped

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



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.



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.



Make the salad

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



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!

Did we make your tastebuds happy? Let our culinary team know: hellofresh.co.nz/rate