



Pork Rissoles & Peppercorn-Leek Sauce

with Roasted Veggies & Parsley

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Carrot



Parsnip



Potato



Leek



Black Peppercorns



Aussie Spice Blend



Pork Mince



Garlic & Herb Seasoning



Fine Breadcrumbs



Cream



Parsley



Beef Mince

Prep in: 25-35 mins
Ready in: 35-45 mins

When you think of leek it's of cosy nights, but let's spice things up and give this creamy leek sauce a kick of pepper. Coat pork rissoles in the sauce and suddenly your roast veggies and rissoles have been transformed into the new hot topic at dinner.

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

Pantry items

Olive Oil, Egg

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

Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
parsnip	1	2
potato	2	4
leek	1	2
black peppercorns	½ sachet	1 sachet
Aussie spice blend	1 medium sachet	1 large sachet
pork mince	1 packet	1 packet
garlic & herb seasoning	1 medium sachet	1 large sachet
fine breadcrumbs	1 medium packet	1 large packet
egg*	1	2
cream	½ packet (125ml)	1 packet (250ml)
parsley	1 bag	1 bag
beef mince**	1 packet	1 packet (or 2 packets)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3045kJ (728Cal)	508kJ (121Cal)
Protein (g)	35.2g	5.9g
Fat, total (g)	37.7g	6.3g
- saturated (g)	20g	3.3g
Carbohydrate (g)	62.5g	10.4g
- sugars (g)	22g	3.7g
Sodium (mg)	1130mg	189mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3335kJ (797Cal)	557kJ (133Cal)
Protein (g)	39.4g	6.6g
Fat, total (g)	42.2g	7g
- saturated (g)	22.8g	3.8g
Carbohydrate (g)	62.5g	10.4g
- sugars (g)	22g	3.7g
Sodium (mg)	1095mg	183mg

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



Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **carrot, parsnip** and **potato** into bite-sized chunks. Thinly slice white and light green parts of **leek**.
- Lightly crush **black peppercorns** (see **ingredients**) in a mortar and pestle, or in their sachet using a rolling pin.



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.
- Transfer **rissoles** to a plate and cover to keep warm.

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



Roast the veggies

- Place **carrot, parsnip** and **potato** over two lined oven trays.
- Sprinkle over **Aussie spice blend**, drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, then spread out evenly and roast until tender, **25-30 minutes**.

Little cooks: Kids can help toss the veggies.



Make the sauce

- Wipe out the frying pan, then return to medium heat with a drizzle of **olive oil**. Cook **leek**, stirring, until softened, **4-5 minutes**.
- **SPICY!** *Peppercorns can be spicy, use less if you're sensitive to heat!* Add **peppercorns** and cook until fragrant, **1 minute**.
- Reduce heat to medium-low, then add **cream** (see **ingredients**) and stir until slightly reduced, **1-2 minutes**. Season generously with **salt**.

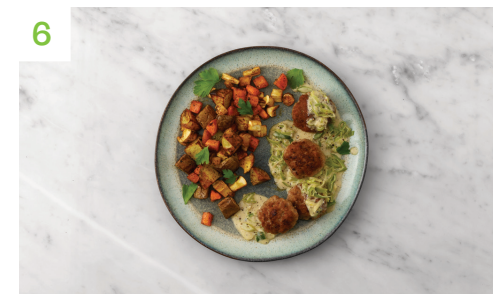


Prep the rissoles

- In a medium bowl, combine **pork mince, garlic & herb seasoning, fine breadcrumbs** and the **egg**.
- Using damp hands, roll heaped spoonfuls of **pork mixture** into meatballs, then flatten to make 2cm-thick rissoles (3-4 per person).

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

Custom Recipe: If you've swapped from pork mince to beef mince, prepare beef the same way as above.



Serve up

- Divide pork rissoles and roasted veggies between plates.
- Spoon peppercorn-leek sauce over rissoles. Tear over **parsley** to serve. Enjoy!

Little cooks: Add the finishing touch by sprinkling over the garnish!

Rate your recipe

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