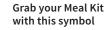


# Honey-Soy Beef & Pork Rissoles with Sesame Fries & Japanese Cucumber Slaw

KID FRIENDLY









Potato



Cucumber







Fine Breadcrumbs



**Ginger Paste** 



**Crushed Peanuts** 



Japanese Dressing



Coriander





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

How to improve on your everyday rissoles? Toss them in some honey-soy glaze, of course! It adds loads of flavour and that saucy touch makes every mouthful a delight. Fries with crunchy sesame seeds and slaw coated in Japanese dressing seal the deal.

**Pantry items** 

Olive Oil, Soy Sauce, Honey, 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

Oven tray lined with baking paper · Large frying pan

## **Ingredients**

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	2 People	4 People		
olive oil*	refer to method	refer to method		
potato	2	4		
mixed sesame seeds	1 sachet	1 sachet		
garlic	2 cloves	4 cloves		
cucumber	1 (medium)	1 (large)		
soy sauce*	1 tbs	2 tbs		
honey*	1 tbs	2 tbs		
water*	1 tbs	2 tbs		
beef & pork mince	1 packet	1 packet		
ginger paste	1 medium packet	1 large packet		
fine breadcrumbs	1 medium packet	1 large packet		
egg*	1	2		
Asian slaw mix	1 bag (150g)	1 bag (300g)		
crushed peanuts	1 packet	2 packets		
Japanese dressing	1 packet	2 packets		
coriander	1 bag	1 bag		
beef mince**	1 small packet	2 small packets OR 1 large packet		

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3142kJ (751Cal)	542kJ (130Cal)
Protein (g)	44.3g	7.6g
Fat, total (g)	35.3g	6.1g
- saturated (g)	10.6g	1.8g
Carbohydrate (g)	62.1g	10.7g
- sugars (g)	27g	4.7g
Sodium (mg)	752mg	130mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2874kJ (687Cal)	496kJ (119Cal)
Protein (g)	41.9g	7.2g
Fat, total (g)	29.4g	6.6g
- saturated (g)	8.1g	1.4g
Carbohydrate (g)	62.4g	10.8g
- sugars (g)	32g	5.5g
Sodium (mg)	768mg	133mg

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

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#### Bake the sesame fries

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



## Get prepped

- While the fries are baking, finely chop garlic.
   Thinly slice cucumber into half-moons.
- In a small bowl, combine the soy sauce, honey and the water. Set aside.

**Little cooks:** Take charge by combining the sauces!



### Make the rissoles

- In a large bowl, combine beef & pork mince, ginger paste, garlic, fine breadcrumbs and the egg, then season with salt and pepper.
- Using damp hands, form heaped spoonfuls of the 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!

**Custom Recipe:** If you've swapped beef & pork mince for beef mince, prep the 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 until browned all over and cooked through,
   3-4 minutes each side.
- Add the honey-soy glaze, tossing rissoles to coat and cook, until slightly reduced, 1 minute.
   Set aside and cover to keep warm.

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



## Toss the slaw

 In a medium bowl, combine Asian slaw mix, crushed peanuts, cucumber and Japanese dressing. Season to taste.



## Serve up

- Divide honey-soy beef and pork rissoles and sesame fries between plates. Serve with Japanese cucumber slaw.
- Tear over **coriander** to serve. Enjoy!

**Little cooks:** Add the finishing touch by tearing over the herbs!



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