



Honey-Soy Beef & Pork Rissoles

with Sesame Fries & Japanese Cucumber Slaw

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Mixed Sesame Seeds



Garlic



Cucumber



Beef & Pork Mince



Ginger Paste



Fine Breadcrumbs



Asian Slaw Mix



Crushed Peanuts



Japanese Dressing



Coriander



Beef Mince

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.

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

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

	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

*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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1



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**.

4



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.

2



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!

5



Toss the slaw

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

3



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.

6



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!

Rate your recipe

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