

Spanish Pork Croquetas & Roast Tomato Salsa

with Twice-Cooked Potatoes, Cucumber Salad & Garlic Mayonnaise

SKILL UP

NEW

Grab your Meal Kit with this symbol



Potato



Garlic



Cucumber



Apple



Pork Mince



Aussie Spice Blend



Panko Breadcrumbs



Mixed Salad Leaves



Mayonnaise



Roasted Tomato Salsa



Beef Mince

Prep in: 20-30 mins
Ready in: 40-50 mins

Time to unleash your inner chef! With a crunchy, golden exterior and a savoury, meaty centre, every bite of these croquetas will transport you to a bustling tapas bar right in the heart of Spain. If you need even more crunch, we've got you covered; these potatoes are boiled and then roasted to guarantee the crispiest potato experience you've ever had.

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

Pantry items

Olive Oil, Plain Flour, Egg, White Wine Vinegar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after cutting raw meat/poultry.

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

You will need

Medium saucepan · Large frying pan · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	3	6
garlic	2 cloves	4 cloves
cucumber	1 (medium)	1 (large)
apple	1	2
pork mince	1 medium packet	2 medium packets OR 1 large packet
Aussie spice blend	1 medium sachet	1 large sachet
plain flour*	2 tbs	¼ cup
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
mixed salad leaves	1 small packet	1 medium packet
white wine vinegar*	drizzle	drizzle
mayonnaise	1 medium packet	1 large packet
roasted tomato salsa	1 medium packet	1 large packet
beef mince**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3115kJ (745Cal)	434kJ (104Cal)
Protein (g)	36.6g	5.1g
Fat, total (g)	29.4g	4.1g
- saturated (g)	7.4g	1g
Carbohydrate (g)	82.5g	11.5g
- sugars (g)	33.4g	4.7g
Sodium (mg)	918mg	128mg
Dietary Fibre (g)	9.7g	1.4g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3406kJ (814Cal)	475kJ (114Cal)
Protein (g)	40.8g	5.7g
Fat, total (g)	33.9g	4.7g
- saturated (g)	10.2g	1.4g
Carbohydrate (g)	82.5g	11.5g
- sugars (g)	33.4g	4.7g
Sodium (mg)	898mg	125mg
Dietary fibre (g)	9.7g	1.4g

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.



Boil the potatoes

- Preheat oven to **240°C/220°C fan-forced**. Boil the kettle. Peel **potato** and cut into large chunks. Peel **garlic** cloves.
- Half-fill a medium saucepan with boiling water, then add a generous pinch of **salt**.
- Cook **potato** and **garlic** in the boiling water, over high heat, until easily pierced with a fork, **10-15 minutes**. Drain and set aside **garlic** cloves.



Make the croquetas

- Once pork mixture has cooled enough to handle, shape **pork mixture** into 2cm-thick oval croquetas (4 per person).
- In a shallow bowl, combine the **plain flour** and a pinch of **salt**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place **panko breadcrumbs**. Dip **croquetas** into **flour** mixture to coat, then into **egg**, and finally in **breadcrumbs**. Set aside on a plate.
- Return pan to medium-high heat with enough **olive oil** to coat the base. Cook **croquetas** in batches, turning every **2-4 minutes** until golden all over. Transfer to a paper towel-lined plate

TIP: Add extra oil if needed so croquetas do not stick.



Get prepped

- Meanwhile, slice **cucumber** into half moons. Thinly slice **apple** into wedges.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **pork mince**, breaking up with a spoon, until just browned, **3-4 minutes**.
- Add **Aussie spice blend** and cook, **1 minute**. Transfer to a medium bowl. Season with **pepper**.
- Add some **boiled potato** (¾ cup for 2 people / 1½ cup for 4 people). Mash **potatoes** with a fork, then mix into **pork mixture** until well combined. Set aside to cool slightly.

Custom Recipe: If you've swapped to beef mince, heat frying pan as above without oil. Follow instructions as above.



Make the salad

- Meanwhile, in a medium bowl, combine **mixed salad leaves**, **cucumber**, **apple**, a drizzle of **white wine vinegar** and **olive oil**. Season to taste.
- To a small bowl, add **cooked garlic cloves** and mash until smooth. Add **mayonnaise** and stir to combine.



Roast the potatoes

- Transfer remaining **potatoes** to a lined oven tray.
- Drizzle with **olive oil** and season generously with **salt** and **pepper**, tossing to coat.
- Spread out evenly, then bake until tender, **20-25 minutes**.

TIP: Roughing the edges helps the potatoes get crisp edges while roasting!



Serve up

- Divide twice-cooked potatoes, Spanish pork croquetas and cucumber salad between plates.
- Serve with **roasted tomato salsa** and garlic mayonnaise. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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