



# Sichuan-Glazed Pork Rissoles

with Potato Fries & Asian Pear Slaw

NEW

KID FRIENDLY

Grab your meal kit with this number

2



Potato



Pear



Celery



Spring Onion



Pork Mince



Sweet Soy Seasoning



Fine Breadcrumbs



Sichuan Garlic Paste



Slaw Mix



Japanese Dressing



Mayonnaise



Pork Mince



Beef Mince

Prep in: 25-35 mins  
Ready in: 30-40 mins

Sichuan garlic paste has got to be our new favourite way to flavour. Let's use it with a splash of soy sauce to coat juicy pork rissoles, what could be better! A side of crispy oven-baked fries add even more fun to this mouth-watering meal.

### Pantry items

Olive Oil, Egg, Soy Sauce, Vinegar (White Wine or Rice Wine)

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after cutting raw meat/poultry. Always use separate utensils for raw and cooked meat.

**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
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
pear	1	2
celery	1 stalk	2 stalks
spring onion	1 stem	2 stems
pork mince	1 medium packet	2 medium packets OR 1 large packet
sweet soy seasoning	2 medium sachets	4 medium sachets
fine breadcrumbs	1 medium packet	1 large packet
<b>egg*</b>	1	2
Sichuan garlic paste	1 medium packet	2 medium packets
<b>soy sauce*</b>	1 tbs	2 tbs
slaw mix	1 medium packet	1 large packet
Japanese dressing	½ packet	1 packet
<b>vinegar*</b> (white wine or rice wine)	drizzle	drizzle
mayonnaise	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3400kJ (813Cal)	544kJ (130Cal)
Protein (g)	37.9g	6.1g
Fat, total (g)	38.6g	6.2g
- saturated (g)	8.7g	1.4g
Carbohydrate (g)	81.1g	13g
- sugars (g)	45.5g	7.3g
Sodium (mg)	1990mg	319mg
Dietary Fibre (g)	10.1g	1.6g

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](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## Bake the fries

- Preheat oven to **240°C/220°C fan-forced**. Cut **potato** into fries.
- Place on a lined oven tray. Season with **salt**, drizzle with **olive oil** and toss to coat.
- Bake until tender, **20-25 minutes**.

**TIP:** If your oven tray is crowded, divide between two trays.

2



## Get prepped

- Meanwhile, thinly slice **pear**. Finely chop **celery**. Thinly slice **spring onion**.

3



## Make the rissoles

- In a large bowl, combine **pork mince**, **sweet soy seasoning**, **fine breadcrumbs**, the **egg** and a pinch of **salt**.
- Using damp hands, roll heaped spoonfuls of **pork mixture** into meatballs (3-4 per person), then flatten to make 2cm-thick rissoles. Transfer to a plate.

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

4



## 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.
- Remove pan from heat, then add **Sichuan garlic paste**, the **soy sauce** and a splash of **water**. Turn the **rissoles** to coat in the glaze.

5



## Make the slaw

- Meanwhile, in a medium bowl, combine **slaw mix**, **pear**, **celery**, **spring onion**, **Japanese dressing** (see ingredients) and a drizzle of **vinegar** and **olive oil**. Season to taste.

**Little cooks:** Kids can help add and toss the ingredients for the slaw!

6



## Serve up

- Divide potato fries, Sichuan-glazed pork rissoles and Asian pear slaw between plates.
- Spoon over any remaining glaze from the pan. Serve with **mayonnaise**. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW25



### CUSTOM OPTIONS



#### DOUBLE PORK MINCE

Follow method above, cooking in batches if necessary.



#### SWAP TO BEEF MINCE

Follow method above.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

