

# Spanish Pork Croquetas & Roast Tomato Salsa

with Twice-Cooked Potatoes, Cucumber Salad & Garlic Mayo

SKILL UP

KIWI FLAVOURS

Grab your meal kit with this number

41



Potato



Garlic



Cucumber



Apple



Pork Mince



Kiwi Spice Blend



Panko Breadcrumbs



Mixed Salad Leaves



Mayonnaise



Roasted Tomato Salsa



Beef Mince



Lamb 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.

### 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 handling 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

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

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	3	6
garlic	2 cloves	4 cloves
cucumber	½	1
apple	1	2
pork mince	1 medium packet	2 medium packets OR 1 large packet
Kiwi spice blend	1 sachet	2 sachets
<b>plain flour*</b>	2 tbs	¼ cup
<b>egg*</b>	1	2
panko breadcrumbs	1 medium packet	1 large packet
mixed salad leaves	1 small packet	1 medium packet
<b>white wine vinegar*</b>	drizzle	drizzle
mayonnaise	1 medium packet	1 large packet
roasted tomato salsa	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3099kJ (741Cal)	432kJ (103Cal)
Protein (g)	37.2g	5.2g
Fat, total (g)	29.1g	4.1g
- saturated (g)	7.4g	1g
Carbohydrate (g)	81.6g	11.4g
- sugars (g)	34.9g	4.9g
Sodium (mg)	853mg	119mg
Dietary Fibre (g)	7.9g	1.1g

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.

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW26



## 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 the 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. Transfer to a paper towel-lined plate.



## Get prepped

- Meanwhile, slice **cucumber** (see ingredients) 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 **Kiwi spice blend** and cook until fragrant, **1 minute**. Transfer to a medium bowl. Season with **pepper**.
- Add some **boiled potato** (¾ cup for 2 people / 1½ cups for 4 people). Mash **potatoes** with a fork, then mix into **pork mixture** until well combined. Set aside to cool slightly.



## Make the salad

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



## 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**.



## Serve up

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

CUSTOM  
OPTIONS



SWAP TO BEEF MINCE  
Follow method above.



SWAP TO LAMB 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.

