

# Nutty Pork Rissoles & Beetroot Relish

with Crunchy Cos Salad & Fries

CHRISTMAS IN JULY

AIR FRYER FRIENDLY

KID FRIENDLY

Grab your meal kit with this number

14



Potato



Apple



Kohlrabi



Cos Lettuce



Roasted Almonds



Pork Mince



Fine Breadcrumbs



Garlic & Herb Seasoning



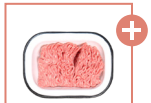
Beetroot Relish



Dill & Parsley Mayonnaise



Beef Mince



Pork Mince

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

These pork rissoles are packed to burst with the sweetest and juiciest flavours we could find. Bite in and enjoy the crunch of almonds wrapped in mild spices, they make rissoles the perfect gift for your tastebuds, so present them with a beetroot relish as the finishing touch. It's like Christmas has come early!

## Pantry items

Olive Oil, Egg, Vinegar (White Wine or Balsamic)

## 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

Air fryer or 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
apple	½	1
kohlrabi	½	1
cos lettuce	½ head	1 head
roasted almonds	1 packet	2 packets
pork mince	1 medium packet	2 medium packets OR 1 large packet
fine breadcrumbs	1 medium packet	1 large packet
<b>egg*</b>	1	2
garlic & herb seasoning	1 medium sachet	1 large sachet
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
beetroot relish	1 medium packet	2 medium packets
dill & parsley mayonnaise	1 medium packet	1 large packet

### \*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3157kJ (755Cal)	581kJ (139Cal)
Protein (g)	39.4g	7.3g
Fat, total (g)	36.9g	6.8g
- saturated (g)	7.6g	1.4g
Carbohydrate (g)	66.5g	12.2g
- sugars (g)	37.1g	6.8g
Sodium (mg)	843mg	155mg
Dietary Fibre (g)	7.9g	1.5g

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 | CW28



## Airfry the fries

- Set your air fryer to **200°C**.
- Cut **potato** into fries. Place **fries** into the air fryer basket, drizzle with **olive oil**, season with **salt** and **pepper** and cook for **10 minutes**.
- Shake the basket, then cook until golden, a further **10-15 minutes**.

**TIP:** No air fryer? Preheat oven to 240°C/220°C fan-forced. Cut potato into fries. Place fries on a lined oven tray, drizzle generously with olive oil, season and toss to coat. Spread out evenly, then bake until tender, 20-25 minutes.



## 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.



## Get prepped

- Meanwhile, thinly slice **apple** (see ingredients) and **kohlrabi** (see ingredients).
- Finely shred **cos lettuce** (see ingredients).
- Roughly chop **roasted almonds**.



## Make the salad

- Meanwhile, in a second medium bowl, combine **apple**, **kohlrabi**, **cos lettuce** and a drizzle of **vinegar** and **olive oil**. Season to taste.



## Prep the rissoles

- In a medium bowl, combine **pork mince**, **fine breadcrumbs**, the **egg**, **garlic & herb seasoning**, **almonds** and a pinch of **salt** and **pepper**.
- Using damp hands, roll heaped spoonfuls of **pork 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!



## Serve up

- Divide nutty pork rissoles, apple salad and fries between plates.
- Top rissoles with **beetroot relish**. Serve with **dill & parsley mayonnaise**. Enjoy!

**Little cooks:** Add the finishing touch by spooning over the relish!

### CUSTOM OPTIONS



**SWAP TO BEEF MINCE**  
Follow method above.



**DOUBLE PORK MINCE**  
Follow method above, cooking in batches if necessary.

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

