

Homemade Pork Croquettes & Gravy

with Dijon Mash & Steamed Veggies

SKILL UP

NEW

Grab your Meal Kit with this number

41



Potato



Green Beans



Carrot



Spring Onion



Pork Mince



Herb & Mushroom Seasoning



Dijon Mustard



Grated Parmesan Cheese



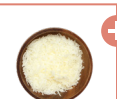
Panko Breadcrumbs



Gravy Granules



Beef Mince



Grated Parmesan Cheese

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

Time to unleash your inner chef! With a crunchy, golden exterior and a savoury, meaty centre, every bite of these croquettes will transport you to a bustling bistro right in the heart of France. Let's add a creamy mash that packs a punch with Dijon mustard and an easy gravy to pour all over.

Pantry items

Olive Oil, Milk, Butter, Plain Flour, Egg

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

Large saucepan with lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	3	6
green beans	1 medium packet	2 medium packets
carrot	1	2
spring onion	1 stem	2 stems
pork mince	1 medium packet	2 medium packets OR 1 large packet
herb & mushroom seasoning	1 medium sachet	2 medium sachets
milk*	2 tbs	¼ cup
butter*	40g	80g
dijon mustard	1 medium packet	1 large packet
grated Parmesan cheese	1 medium packet	1 large packet
plain flour*	2 tbs	¼ cup
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
gravy granules	1 sachet	2 sachets
boiling water*	½ cup	1 cup

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4239kJ (1013Cal)	558kJ (133Cal)
Protein (g)	49g	6.5g
Fat, total (g)	44.3g	5.8g
- saturated (g)	21.2g	2.8g
Carbohydrate (g)	104.2g	13.7g
- sugars (g)	36.3g	4.8g
Sodium (mg)	1364mg	180mg
Dietary Fibre (g)	10.3g	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.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW29



1 Steam the veggies

- Boil the kettle. Peel **potato** and cut into large chunks. Trim **green beans**. Thinly slice **carrot** into rounds. Thinly slice **spring onion**.
- Half-fill a large saucepan with boiling water, then add a generous pinch of **salt**.
- Cook **potato** in the boiling water for **6 minutes**. Place a colander or steamer basket on top, then add **green beans** and **carrot**.
- Cover and steam until veggies are tender, and **potatoes** are easily pierced with a knife, for a further **7-8 minutes**.
- Transfer **veggies** to a bowl. Season, drizzle with **olive oil** and cover to keep warm.



4 Fry the croquettes

- Wipe out frying pan and return to medium-high heat with enough **olive oil** to coat the base.
- Cook **croquettes** in batches, turning occasionally, until golden and cooked through, **4-6 minutes**. Transfer to a paper towel-lined plate.

TIP: Add extra oil if needed so the croquettes do not stick to the pan.



2 Make the mash & pork mixture

- While veggies are steaming, 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 **herb & mushroom seasoning** and cook until fragrant, **1 minute**. Transfer to a medium bowl. Season with **pepper**.
- Once potatoes are done, drain and return to saucepan. Add the **milk**, **butter**, **Dijon mustard** and a good pinch of **salt**, and mash until smooth. Cover to keep warm.
- To bowl with **pork**, add **spring onion**, **Parmesan cheese** and some **mashed potato** (¾ cup for 2 people / 1½ cups for 4 people). Mix until well combined. Set aside to cool slightly.



5 Make the gravy

- In a medium heatproof bowl, combine **gravy granules** and the **boiling water** (½ cup for 2 people / 1 cup for 4 people), whisking, until smooth, **1 minute**.



3 Crumb the pork

- Once **pork mixture** has cooled enough to handle, shape into 2cm-thick oval croquettes (4-5 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 **croquettes** into **flour mixture** to coat, then into egg, and finally in **breadcrumbs**. Set aside on a plate.



6 Serve up

- Divide remaining Dijon mash, crumbed pork croquettes and steamed veggies between plates.
- Pour over gravy to serve. Enjoy!

CUSTOM
OPTIONS



SWAP TO BEEF MINCE
Follow method above.



DOUBLE GRATED PARMESAN CHEESE
Follow method above.

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

