



Quick American-Spiced Beef & Pork Rissoles

with Caramelised Onion Slaw & Pickled Jalapeños

NEW

Grab your Meal Kit with this symbol



Onion



Tomato



Carrot



Garlic



All-American Spice Blend



Burger Sauce



Beef & Pork Mince



Grated Parmesan Cheese

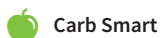


Shredded Cabbage Mix



Pickled Jalapeños (Optional)

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



Ready, say cheese! These beef and pork rissoles have a layer of sharp Parmesan melted over them because we know how much everyone loves some cheesy goodness. Don't forget to taste the slaw, it's coated in a burger sauce and sprinkled with popping jalapeños to add a little heat to this picture-perfect dish.

Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar, White Wine Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan with a lid (or foil)

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
onion	1 (medium)	1 (large)
tomato	1	2
carrot	1	2
garlic	2 cloves	4 cloves
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	1 tsp	2 tsp
beef & pork mince	1 packet	1 packet
All-American spice blend	1 sachet	1 sachet
grated Parmesan cheese	1 packet (30g)	1 packet (60g)
burger sauce	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
shredded cabbage mix	1 bag (150g)	1 bag (300g)
pickled jalapeños 🌶️ (optional)	1 packet (40g)	1 packet (80g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2239kJ (535Cal)	496kJ (119Cal)
Protein (g)	35.4g	7.8g
Fat, total (g)	33.1g	7.3g
- saturated (g)	11g	2.4g
Carbohydrate (g)	29.8g	6.6g
- sugars (g)	13.8g	3.1g
Sodium (mg)	1265mg	280mg
Dietary Fibre (g)	7.4g	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 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

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Get prepped

- Thinly slice **onion**. Roughly chop **tomato**. Grate the **carrot**. Finely chop **garlic**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion**, stirring regularly, until softened, **5-6 minutes**.
- Reduce heat to medium. Add the **balsamic vinegar**, the **brown sugar** and a splash of **water** and mix well. Cook until dark and sticky, **3-5 minutes**. Transfer to a small bowl.



Cook the rissoles

- Wipe out and return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **rissoles** in batches, until browned and cooked through, **3-4 minutes** each side.
- In the last **2-3 minutes**, sprinkle **grated Parmesan cheese** over **rissoles**, cover with a lid (or foil) and reduce heat to low. Cook until cheese is melted, **2-3 minutes**.
- Meanwhile, combine **burger sauce** with a drizzle of **white wine vinegar** and **olive oil** in a large bowl. Season to taste. Add **shredded cabbage mix**, **tomato** and **carrot**. Toss to combine.



Make the rissoles

- Meanwhile, combine **beef & pork mince**, **All-American spice blend**, **garlic** and a pinch of **salt** in a medium bowl.
- Using damp hands, roll heaped spoonfuls of **mixture** into meatballs, then flatten to make 2cm-thick rissoles (3-4 per person). Transfer to a plate.



Serve up

- Divide slaw and American-spiced beef and pork rissoles between plates.
- Top with caramelised onion and **pickled jalapeños** (if using) to serve. Enjoy!

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