

Sichuan-Glazed Pork Rissoles

with Sesame Fries & Asian Slaw

Grab your Meal Kit with this symbol



Potato



Mixed Sesame Seeds



Pear



Cucumber



Spring Onion



Japanese Dressing



Pork Mince



Fine Breadcrumbs



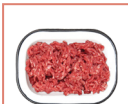
Sichuan Garlic Paste



Slaw Mix



Mayonnaise



Beef Mince

Hands-on: 30-40 mins
Ready in: 40-50 mins

How to improve pork rissoles? Toss them in our mild Sichuan garlic paste, of course! It adds loads of flavour and that saucy touch that makes every mouthful a delight. Fries with crisp sesame seeds and slaw coated in Japanese dressing seal the deal.



CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

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

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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
mixed sesame seeds	1 sachet	1 sachet
pear	1	2
cucumber	1 (medium)	1 (large)
spring onion	2 stems	4 stems
Japanese dressing	½ packet (15g)	1 packet (30g)
rice wine vinegar* (or white wine vinegar)	1 tsp	2 tsp
pork mince	1 packet	1 packet
fine breadcrumbs	1 packet	1 packet
egg*	1	2
salt*	¼ tsp	½ tsp
Sichuan garlic paste	1 packet	2 packets
soy sauce*	1 tbs	2 tbs
water*	1½ tbs	3 tbs
slaw mix	1 bag (150g)	1 bag (300g)
mayonnaise	1 packet (40g)	1 packet (80g)
beef mince**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3431kJ (820Cal)	498kJ (119Cal)
Protein (g)	39.7g	5.8g
Fat, total (g)	42.4g	6.2g
- saturated (g)	9.2g	1.3g
Carbohydrate (g)	75.3g	10.9g
- sugars (g)	35.6g	5.2g
Sodium (mg)	1598mg	232mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3567kJ (852Cal)	517kJ (123Cal)
Protein (g)	43g	6.2g
Fat, total (g)	41.4g	6g
- saturated (g)	10.5g	1.5g
Carbohydrate (g)	75.8g	11g
- sugars (g)	35.6g	5.2g
Sodium (mg)	1608mg	233mg

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.

If you have any questions or concerns, please visit hellofresh.co.nz/contact

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Bake the sesame fries

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** into fries, then place on a lined oven tray. Drizzle with **olive oil**, sprinkle with the **mixed sesame seeds** and season with **salt** and **pepper**. Toss to coat, spread out evenly, then bake until tender, **20-25 minutes**.



Get prepped

While the fries are baking, thinly slice the **pear** into sticks. Thinly slice the **cucumber** into half-moons. Thinly slice the **spring onion**, keeping the green and white parts separate. In a large bowl, combine the **Japanese dressing** (see ingredients) and **rice wine vinegar**. Set aside.



Make the rissoles

In a medium bowl, combine the **pork mince**, white parts of the **spring onion**, **fine breadcrumbs**, the **egg** and the **salt**. Using damp hands, shape heaped tablespoons of the **mixture** into meatballs, then flatten into 1cm-thick **rissoles**. Transfer to a plate. You should get 3-4 rissoles per person.

CUSTOM RECIPE

If you've swapped pork mince to beef mince, combine the beef with the ingredients in the same way as above.



Cook the rissoles

Heat a large frying pan over a medium-high heat with a good drizzle of **olive oil**. Cook the **rissoles** until browned all over and cooked through, **3-4 minutes** each side. Remove the pan from the heat, then add the **Sichuan garlic paste**, **soy sauce** and the **water**. Turn the **rissoles** to coat in the glaze.



Make the slaw

While the rissoles are cooking, add the **slaw mix**, **cucumber**, **pear** and the green parts of the **spring onion** to the bowl with the **dressing**. Season to taste and toss to coat.



Serve up

Divide the sesame fries, Sichuan-glazed pork rissoles and Asian slaw between plates. Pour over any remaining glaze from the pan. Serve with the **mayonnaise**.

Enjoy!