



Teriyaki-Glazed Pork Rissoles

with Garlic Rice & Asian Sesame Slaw

Grab your Meal Kit with this symbol 



Garlic



Basmati Rice



Pear



Spring Onion



Lime



Japanese Dressing



Mayonnaise



Pork Mince



Fine Breadcrumbs



Teriyaki Sauce



Slaw Mix



Black Sesame Seeds

 Hands-on: **30-40** mins
Ready in: **35-45** mins

The humble rissole gets a whole new look and taste with this easy glazed version. A crisp and colourful slaw on the side is the perfect accompaniment to this meal that will make you rethink the classics!

Pantry items
Olive Oil, Butter, Egg

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

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	20g	40g
basmati rice	1 packet	2 packets
water* (for the rice)	1½ cups	3 cups
salt* (for the rice)	¼ tsp	½ tsp
pear	1	2
spring onion	2 stems	4 stems
lime	½	1
Japanese dressing	½ packet (15g)	1 packet (30g)
mayonnaise	½ packet (20g)	1 packet (40g)
egg*	1	2
pork mince	1 packet	1 packet
fine breadcrumbs	1 packet	2 packets
salt* (for the pork)	¼ tsp	½ tsp
teriyaki sauce	1 sachet (65g)	1 sachet (130g)
water* (for the sauce)	1½ tbs	3 tbs
slaw mix	1 bag (150g)	1 bag (300g)
black sesame seeds	½ sachet	1 sachet

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3610kJ (863Cal)	680kJ (162Cal)
Protein (g)	43.6g	8.2g
Fat, total (g)	33.1g	6.2g
- saturated (g)	11.2g	2.1g
Carbohydrate (g)	92.1g	17.3g
- sugars (g)	22.7g	4.3g
Sodium (mg)	1270mg	238mg

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.



1. Cook the garlic rice

Finely chop the **garlic** (or use a garlic press). In a medium saucepan, melt the **butter** with a **dash** of **olive oil** over a medium heat. Add the **garlic** and cook until fragrant, **1-2 minutes**. Add the **basmati rice**, **water (for the rice)** and **salt (for the rice)**, stir, then bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!



4. Cook the rissoles

Heat a large frying pan over a medium-high heat with a **good drizzle** of **olive oil**. Add the **pork rissoles** and cook, turning occasionally, until browned and cooked through, **6-8 minutes**. Add the **teriyaki sauce** and the **water (for the sauce)**, then remove the pan from the heat. Turn the rissoles to coat in the glaze.

TIP: Cook the rissoles in batches if your pan is crowded!



2. Get prepped

While the rice is cooking, thinly slice the **pear**. Thinly slice the **spring onion**. Slice the **lime (see ingredients list)** into wedges. In a large bowl, combine the **Japanese dressing (see ingredients list)**, **mayonnaise (see ingredients list)** and a **generous squeeze** of **lime juice**. Set aside.



5. Dress the slaw

While the rissoles are cooking, add the **slaw mix**, **pear** and **1/2** the **black sesame seeds (see ingredients list)** to the large bowl with the **dressing** and toss to coat. Season to taste with **salt** and **pepper**.



3. Make the rissoles

In a medium bowl, combine the **egg**, **pork mince**, **spring onion**, **fine breadcrumbs** and the **salt (for the pork)**. Using damp hands, shape heaped tablespoons of the **mixture** into meatballs, then flatten into 1cm-thick rissoles. Transfer to a plate.



6. Serve up

Divide the garlic rice, teriyaki-glazed rissoles and Asian sesame slaw between plates. Sprinkle with the remaining black sesame seeds.

Enjoy!