



Asian Style Sweet Chilli Pork Cakes

with Spiced Potatoes and Smacked Cucumber Salad

27

Calorie Smart 30-35 Minutes • Mild Spice • 2 of your 5 a day • Under 650 Calories



Potatoes



Thai Style
Spice Blend



Pork Mince



Panko Breadcrumbs



Lime



Carrot



Cucumber



Sambal Paste



Sweet Chilli
Sauce



Beef Mince

Pantry Items

Oil, Salt, Pepper, Mayonnaise

CUSTOM RECIPE

If you chose to swap or upgrade your protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, bowl, peeler, fine grater and rolling pin.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Thai Style Spice Blend 3	1 sachet	1½ sachets	2 sachets
Pork Mince**	240g	360g	480g
Panko Breadcrumbs 13	10g	15g	20g
Lime**	1	1½	2
Carrot**	1	1½	2
Cucumber**	½	¾	1
Sambal Paste	15g	22g	30g
Sweet Chilli Sauce	32g	48g	64g
Beef Mince**	240g	360g	480g
Pantry	2P	3P	4P
Salt for the Breadcrumbs*	¼ tsp	½ tsp	½ tsp
Water for the Breadcrumbs*	2 tbsp	3 tbsp	4 tbsp
Mayonnaise*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	565g	100g	565g	100g
Energy (kJ/kcal)	2677 / 640	474 / 113	2452 / 586	434 / 104
Fat (g)	33.3	5.9	26.7	4.7
Sat. Fat (g)	10.3	1.8	9.1	1.6
Carbohydrate (g)	61.2	10.8	61.0	10.8
Sugars (g)	14.6	2.6	14.4	2.5
Protein (g)	30.3	5.4	33.5	5.9
Salt (g)	1.64	0.29	1.69	0.30

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Point™ values based on low-cal cooking spray oil.

Allergens

3) Sesame **13**) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Roast the Potatoes

Preheat your oven to 220°C/200°C fan/gas mark 7. Chop the **potatoes** into 2cm chunks (no need to peel).

Pop the **potato chunks** onto a large baking tray. Drizzle with **oil**, then sprinkle over **half the Thai style spice blend** and season with **salt and pepper**. Toss to coat.

Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the middle shelf until golden, 30-35 mins. Turn halfway through.



Smacked Cucumber Time

Trim the **cucumber** (see ingredients for amount), then pop it onto a board and use a rolling pin to gently smack it a few times until split. Cut into roughly 2cm chunks.

In a large bowl, squeeze in some **lime juice** and add the **sambal** (add less if you'd prefer things milder). Season, then mix to combine. Add the **carrot ribbons** and **cucumber** to the bowl of **sambal dressing**. Toss to combine. Set aside.

TIP: Keep the other half of the cucumber for another recipe.



WeightWatchers



Make the Patties

Meanwhile, in a large bowl, combine the remaining **Thai style spice blend** with the **breadcrumbs** and the **salt** and **water for the breadcrumbs** (see pantry for both amounts), then add the **pork mince**.

Season with **pepper** and mix together with your hands. Roll into evenly-sized balls, 4 per person, then flatten to make 1 cm thick **patties**. **IMPORTANT:** Wash your hands and equipment after handling raw mince.

CUSTOM RECIPE

If you've chosen to get **beef mince** instead of **pork**, prep and cook the recipe in the same way.



Add the Zest and Spice

In another small bowl, combine the **lime zest** and the **mayo** (see pantry for amount).

When the **patties** are ready, drizzle over the **sweet chilli sauce** while still on the baking tray and toss until evenly glazed.



Time to Bake

When the **potatoes** are halfway through cooking, pop the **patties** onto a large baking tray. Bake on the top shelf until browned on the outside and cooked through, 12-15 mins. **IMPORTANT:** The patties are cooked when no longer pink in the middle.

While everything cooks, trim and peel the **carrot**. Use the peeler to peel long ribbons down the length of the **carrot**, stopping at the core.

Zest and halve the **lime**.



Serve

Once cooked, share the **sweet chilli pork patties** onto your plates.

Serve the **spicy potatoes** and **smacked cucumber** on the side, along with the **zesty mayo** for dipping. Cut any remaining **lime** into **wedges** and serve on the side for squeezing over.

Enjoy!