

for the  
little onesSteamed  
CarrotDip  
SauceCheesy Smashed  
Potato & Rissolle

# Sweet Mango Pork Patties

Juicy pork patties get a tropical twist with mango chutney, roasted veggies and a creamy yoghurt dip.



40 Minutes



4 Servings



PORK

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## FROM YOUR BOX

BABY POTATOES	600g
SWEET POTATO	400g
CARROTS	3
RED ONION	1
NATURAL YOGHURT	1 tub
MANGO CHUTNEY	3 x 45g
PORK MINCE	500g
CHIVES	1 bunch

## FROM YOUR PANTRY

oil for cooking, salt, pepper, ground cumin

## COOKING TOOLS

oven dish, large frypan

Any leftovers are delicious served in wraps with some fresh lettuce.

### Before you start cooking!

Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.



### 1. Roast the Vegetables

Set oven to 220°C. Quarter **baby potatoes**. Cut **sweet potato** and **carrots** into bite-sized pieces. Wedge **red onion**. Toss on a lined tray with **oil**, **salt** and **pepper**. Roast for 25–30 minutes.

**tip** Add 1 tsp curry powder or cumin seeds for extra flavour!



### 4. Cook the Patties

Heat a frypan with **oil** over medium-high heat. Add the **patties** and cook for 3–4 minutes each side or until golden and just cooked through.



### 2. Make the yoghurt Dip

Mix **yoghurt** with **45g mango chutney** in a small bowl. Season with **salt** and **pepper** to taste. Set aside in the fridge until serving.



### 5. Glaze the Pork Patties

Stir in **45g mango chutney** and turn **patties** to coat. Take off heat.



### 3. Prepare the Patties

In a bowl, mix **pork mince** with **45g mango chutney**, **salt**, **pepper** and **1 tsp ground cumin**. Shape into 8 patties using your hands.

**tip** Chop and add some chives to the pork if you like!



### 5. Finish and Serve

Serve **roasted veggies** and **patties** with a spoonful of **mango yoghurt dip** and sprinkle with chopped **chives**.

**tip** Serve with a fresh garden salad if you like!