



Product Spotlight: Sweet Potatoes

Sweet potatoes are a great source of beta-carotene and vitamins A, B6, and C. They are full of manganese, calcium, potassium, iron and fibre. In other words, an excellent choice for healthy eating!



Hoisin Rissoles with Crunchy Noodle Salad

Beef rissoles pan-fried and tossed in a hoisin and sesame seed sauce, served with a pear and crunchy noodle salad, sweet potato wedges and sweet chilli aioli dipping sauce.



30 minutes



2 servings



Beef

Switch it up!

If you prefer a creamy salad, skip the dipping sauce and add the aioli to your crunchy noodle salad along with vinegar.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	35g	84g	110g

FROM YOUR BOX

SWEET POTATOES	400g
BEEF RISSOLES	300g
AIOLI	1 sachet
HOISIN SAUCE	1 packet
WHITE SESAME SEEDS	1 packet
PEAR	1
ORIENTAL COLESLAW	1 packet
CRUNCHY FRIED NOODLES	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, sweet chilli sauce, rice wine vinegar

KEY UTENSILS

frypan, oven tray

NOTES

Add extra flavour to the wedges such as smoked paprika, Chinese 5 spice, or substitute black pepper with white pepper for a more family friendly option.

Omit sweet chilli sauce for those who are sensitive to spice.

No gluten option – crunchy fried noodles are replaced with rice vermicelli noodles. Add noodles to a saucepan of boiling water. Cook following packet instructions or until tender. Drain and rinse. Add to salad at step 5.



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1. ROAST THE SWEET POTATO

Set oven to 220°C.

Cut **sweet potatoes** into wedges. Toss on a lined oven tray with **oil, salt and pepper** (see notes). Roast for 25–30 minutes, or until tender and golden.



2. COOK THE RISSOLES

Heat a frypan over medium-high heat with **oil**. Add **rissoles** (re-shape if needed) and cook for 6–8 minutes each side or until cooked through.



3. PREPARE THE SAUCE

Add **aioli** to a bowl along with **1 tbsp sweet chilli sauce** (see notes) and **1/2 tbsp water**. Stir to combine.



4. GLAZE THE RISSOLES

Add **hoisin sauce, 1 tbsp water** and **sesame seeds** to rissoles. Toss rissoles to coat. Remove from heat.



5. MAKE THE NOODLE SALAD

Slice **pear**. Add to a large bowl along with **coleslaw, crunchy fried noodles** and **1/2 tbsp vinegar**. Toss to combine.



6. FINISH AND SERVE

Divide crunchy noodle salad among plates. Drizzle over 1/2 the sauce and top with hoisin rissoles. Serve with remaining sauce.

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