



### 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 fun 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
	32g	40g	46g

## FROM YOUR BOX

SWEET POTATOES	400g
BEEF RISSOLES	300g
AOILI	1 sachet
WHITE SESAME SEEDS	1 packet
PEAR	1
ORIENTAL COLESLAW	1 packet
CRUNCHY FRIED NOODLES	1 packet
HOISIN SAUCE	50ml

## FROM YOUR PANTRY

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

## KEY UTENSILS

large frypan, oven tray

## NOTES

**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**. 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** 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** 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**.

**How did the cooking go?** We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0448 042 515** or send an email to **hello@dinnertwist.com.au**

