



### 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



4/6 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 41g 47g

## FROM YOUR BOX

	4 PERSON	6 PERSON
SWEET POTATOES	800g	1.2kg
BEEF RISSOLES	600g	600g + 300g
AOILI	2 sachets	3 sachets
WHITE SESAME SEEDS	1 packet	2 packets
PEARS	2	3
ORIENTAL COLESLAW	2 packets	3 packets
CRUNCHY NOODLES	1 packet	2 packets
HOISIN SAUCE	50ml	2 x 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.



### 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 **2 tbsp sweet chilli sauce** and **1 tbsp water**. Stir to combine.

**6P** – Combine aioli with **3 tbsp sweet chilli sauce** and **1 1/2 tbsp water**.



### 4. GLAZE THE RISSOLES

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

**6P** – Add hoisin sauce, 2 tbsp water and sesame seeds to rissoles.

### 5. MAKE THE NOODLE SALAD

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

**6P** – Add 2 tbsp vinegar.

### 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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