



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.



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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 **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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