



Product Spotlight: Apple

It is best to leave the skin on when eating apples and pears. Their skin contains an abundance of beneficial nutrients!



Pork and Apple Patties with Curry Mayo Slaw

Golden pork and apple patties, pan-fried and served with baby potatoes and creamy curry mayo coleslaw with crispy fried shallots.



35 minutes



Pork



2-3 servings

Switch it up!

Slice the apple and add to coleslaw instead if preferred. Sultanas or dried cranberries can be added to the coleslaw for pops of sweetness.

Per serve :	PROTEIN	TOTAL FAT	CARBOHYDRATES
	39g	32g	47g

FROM YOUR BOX

BABY POTATOES	500g
DILL	1 packet
CELERY STALK	1
COLESLAW	1 bag
FRIED SHALLOTS	1 packet
CURRY MAYONNAISE	1 sachet
GREEN APPLE	1
PORK MINCE	500g

FROM YOUR PANTRY

oil for cooking, salt, pepper, fennel seeds (see notes)

KEY UTENSILS

large frypan, saucepan

NOTES

Boil kettle and cover potatoes with hot water to speed up the process.

You can substitute the fennel seeds with cumin or caraway seeds. Alternatively dried or fresh thyme and rosemary will work well.

This dish will make extra serves. You can keep any leftover patties and coleslaw and serve in a roll for lunch.



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1. COOK THE POTATOES

Place **potatoes** in a saucepan and cover with water (see notes). Semi cover and bring to a boil. Simmer for 15–20 minutes until tender. Drain and return to saucepan.



2. PREPARE THE SLAW

Meanwhile, chop **dill** and **celery**. Toss with **coleslaw**, **fried shallots**, and **curry mayonnaise**. Set aside in fridge until serving.



3. PREPARE THE PATTIES

Grate **apple** and combine in a bowl with **pork mince**, **1 tsp fennel seeds**, **salt** and **pepper**. Shape into small **rissoles**.



4. COOK THE PATTIES

Heat **oil** in a large frypan over medium-high heat. Add **rissoles** and cook for 3–4 minutes each side, or until browned and cooked through. Remove and keep warm.



5. FINISH THE POTATOES

Reheat saucepan with **potatoes** over medium-high heat with **1 tbsp olive oil**. Cook for 3–4 minutes until golden. Season with **salt** and **pepper**.



6. FINISH AND SERVE

Serve **pork rissoles** with **potatoes** and **creamy slaw** on the side (see notes).

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