



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



4/6 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
	29g/39g	18g/27g	49g/50g
4/6 Person:			

FROM YOUR BOX

	4 PERSON	6 PERSON
BABY POTATOES	1kg	1kg + 500g
DILL	1 packet	1 packet
CELERY STALKS	2	3
COLESLAW	1 bag	2 bags
FRIED SHALLOTS	1 packet	2 packets
CURRY MAYONNAISE	2 sachets	2 sachets
GREEN APPLE	1	2
PORK MINCE	500g	2 x 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.



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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 RISSOLES

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

6P – use 2 tsp fennel seeds.



4. COOK THE RISSOLES

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 **2 tbsp olive oil**. Cook for 3–4 minutes until golden. Season with **salt** and **pepper**.

6P – use 3 tbsp olive oil.



6. FINISH AND SERVE

Serve **pork rissoles** with **potatoes** and **creamy slaw** on the side.

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