



Product Spotlight: Avocado

Is your avocado not ripe yet? Put it in a paper bag for 2-4 days to speed up the process. Adding a banana or apple will make it even quicker!



Beef Patties

with Root Veggie Hash and Capsicum Aioli

Golden cubes of rosemary roast potato and carrot served with mildly spiced beef mince patties and a creamy roast pepper aioli for dipping.



30 minutes



2 servings



Beef

29 September 2023

Make a burger!

You can shape the beef into larger burger patties and serve with the salad between burger buns! Use the root vegetables and make chips as a side instead.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	41g	49g	61g

FROM YOUR BOX

MEDIUM POTATOES	3
CARROT	1
ROSEMARY STALK	1
ROASTED PEPPERS	1 jar
AIOLI	100g
CHERRY TOMATOES	1 packet (200g)
AVOCADO	1
MESCLUN LEAVES	1 bag (60g)
BEEF MINCE	300g

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground coriander

KEY UTENSILS

oven tray, stick mixer or blender, frypan

NOTES

You can dress the salad with a dressing of choice. To make a quick vinaigrette, whisk together 1/2 tbsp vinegar or 1/2 tbsp lemon juice with 1 tbsp olive oil, salt and pepper.

You can use a 1/4 cup measure to help measure out evenly-sized patties.



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1. ROAST THE VEGETABLES

Set oven to 250°C.

Dice potatoes and carrot. Chop rosemary leaves to yield 1 tsp. Toss together on a lined oven tray with **oil, salt and pepper**. Roast in oven for 25–30 minutes until golden and crispy.



4. COOK THE BEEF PATTIES

Combine beef mince with **1/2 tbsp coriander, salt and pepper**. Shape into 6 evenly-sized patties (see notes). Cook in a frypan with **oil** over medium-high heat for 4–5 minutes each side or until cooked through.



2. PREPARE THE AIOLI

Drain roasted peppers. Blend together with aioli using a stick mixer or blender until smooth. Set aside.



3. PREPARE THE SALAD

Halve tomatoes and slice avocado. Toss together with mesclun leaves (see notes).



5. FINISH AND SERVE

Serve beef patties with root vegetable hash, salad and aioli.

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 **0481 072 599** or send an email to **hello@dinnertwist.com.au**

