



Product Spotlight: Sour Cream

Sour cream is a traditional, fermented dairy product that has been part of the human diet for centuries. Fermentation of milk products reduces the lactose content (milk sugars).



Beef Rissoles with Mushroom Sauce

Juicy beef rissoles with a creamy mushroom sauce, paired with rosemary roast root vegetables and broccoli.

Switch it up!

You can transform the potatoes and broccoli into a super green mash, also delicious with the mushroom sauce! Slice the carrots and sauté them in a pan instead of turning on the oven.



30 minutes



2 servings



Beef

9 June 2023

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	45g	27g	65g

FROM YOUR BOX

MEDIUM POTATOES	3
DUTCH CARROTS	1 bunch
ROSEMARY SPRIG	1
BEEF RISSOLES	300g
BROCCOLI	1
SLICED MUSHROOMS	1 punnet (200g)
SOUR CREAM	1 tub

FROM YOUR PANTRY

oil for cooking, salt, pepper, 1 garlic clove, soy sauce

KEY UTENSILS

large frypan, saucepan, oven tray

NOTES

You can toss the broccoli with butter, salt and pepper if preferred!



1. ROAST THE VEGETABLES

Set oven to 250°C.

Dice potatoes, trim and scrub carrots. Toss on a lined oven tray with chopped rosemary leaves, **oil**, **salt** and **pepper**. Roast for 20-25 minutes until golden and cooked through.



2. COOK THE RISSOLES

Heat a frypan over medium-high heat with **oil**. Reshape rissoles into patties and cook for 6-8 minutes each side or until cooked through (see step 4).



3. BLANCH THE BROCCOLI

Meanwhile, bring a saucepan of water to a boil. Cut broccoli into small florets and add to boiling water for 3-5 minutes until cooked to your liking. Drain and set aside (see notes).



4. COOK THE MUSHROOMS

Remove rissoles from frypan. Keep pan over medium-high heat. Add mushrooms and **1 crushed garlic clove**. Cook for 3-4 minutes until softened.



5. FINISH THE SAUCE

Stir sour cream into pan along with **1/2 tbsp soy sauce**. Simmer until warmed through. Season with **pepper** to taste.



6. FINISH AND SERVE

Serve rissoles with roast vegetables, broccoli and mushroom sauce.



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