

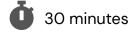




# **Beef Rissoles**

# with Mushroom Sauce

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





2 servings



# 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.

PROTEIN TOTAL FAT CARBOHYDRATES

27g

#### **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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