



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Hummus

This traditional hummus is a tasty blend of chickpeas, lemon and garlic which makes a tasty dip for these rissoles!



## C4 Beef Rissoles with Tabbouleh & Hummus

Cumin beef rissoles served with a traditional parsley tabbouleh, lemon and creamy hummus for dipping. This dish is also great for the BBQ!

 20 minutes

 4 servings

 Beef

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## Simplify it!

*You can serve this dish as a bowl instead for those who like to pick and choose their favourite ingredients! Divide the freekeh among bowls and top with even amounts of fresh salad, rissoles and dollop of hummus.*

## FROM YOUR BOX

FREEKEH	1 packet (200g)
BEEF RISSOLES	8-pack
LEMON	1
TOMATOES	2
LEBANESE CUCUMBERS	2
PARSLEY	1 bunch
HUMMUS	1 tub

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground cumin

## KEY UTENSILS

frypan or BBQ, saucepan

## NOTES

Rinse the parsley in a salad spinner to remove any excess sand.

**No gluten option** - freekeh is replaced with quinoa. Cook for the same amount of time as freekeh.



### 1. COOK THE FREEKEH

Add freekeh to a saucepan and cover with water. Bring to the boil and simmer for 10–12 minutes until tender. Drain and rinse under cold water.



### 2. COOK THE RISSOLES

Reshape rissoles and coat with **1 tbsp cumin, oil, salt and pepper**. Cook in a frypan or BBQ over medium-high heat for 4–5 minutes each side or until cooked through.



### 3. PREPARE THE DRESSING

Meanwhile, whisk together juice from 1/2 the lemon (wedge remaining), **2 tbsp olive oil, salt and pepper** in a large salad bowl.



### 4. DRESS THE TABBOULEH

Chop tomatoes, cucumbers and parsley (see notes), adding straight into bowl with dressing as you go. Toss with cooked freekeh. Season with **salt and pepper**.



### 5. FINISH AND SERVE

Serve rissoles with tabbouleh, hummus and lemon wedges.

**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**

