



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Pear

Did you know there are more than 5,000 varieties of pears, and the trees can produce fruit for up to 100 years? Pears are packed with nutrients, fibre and antioxidants, making them delicious and nutritious!





F2

Fennel Seed Chicken Rissoles

with Mustard Gravy and Roasted Carrots

Chicken rissoles flavoured with fennel seeds, tossed in a well balanced mustard gravy and served with roasted carrots and pear.

 30 minutes

 2 servings

 Chicken

10 June 2022

Per serve: **PROTEIN** 38g **TOTAL FAT** 3g **CARBOHYDRATES** 49g

FROM YOUR BOX

DUTCH CARROTS	1 bunch
PARSNIPS	2
PEAR	1
CHICKEN MINCE	300g
MUSTARD	1 jar
TOMATO	1
ROCKET LEAVES	1 bag (60g)

FROM YOUR PANTRY

oil for cooking, salt, pepper, honey, fennel seeds (see notes), cornflour

KEY UTENSILS

oven tray, large frypan

NOTES

You can roast the tomato with the vegetables instead of serving fresh.

You can use dried oregano or fresh rosemary for the patties instead of fennel seeds.



1. ROAST THE VEGETABLES

Set oven to 220°C.

Trim and scrub carrots. Wedge parsnips and pear. Toss on a lined oven tray with **oil, salt and pepper** (see notes). Roast in oven for 20–25 minutes until cooked through.



4. MAKE ROCKET SALAD

Dice tomato and toss with rocket leaves.



2. MAKE THE RISSOLES

In a bowl, combine mince with **1 tsp fennel seeds, salt and pepper**. Heat a frypan over medium-high heat with **oil**. Scoop 1/4 cupfuls mince into pan (makes 6). Cook for 4–5 minutes each side or until cooked through.



5. FINISH AND SERVE

Divide roast vegetables, rissoles and rocket salad among plates. Spoon over any extra gravy.



3. MAKE MUSTARD GRAVY

Add mustard to a bowl along with **1 cup water, 1-1 1/2 tsp honey and 2 tsp cornflour**. Whisk to combine then pour into frypan and toss with rissoles. Cook for 5 minutes until thickened. Season with **salt and pepper**.

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**

