

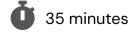




# **BBQ Rissoles**

# with Sweet Potato Wedges

Quick & easy! Pre-made beef rissoles cooked in a barbecue tomato sauce and served with sweet potato wedges and crunchy salad.





2 servings



Beef

Form rissoles onto skewers instead if you prefer and cook on the barbecue. Serve with BBQ sauce and sweet potatoes.

#### **FROM YOUR BOX**

SWEET POTATOES	400g
BEEF RISSOLES	300g
CHOPPED TOMATOES	400g
BBQ SAUCE	1 bottle
BABY COS LETTUCE	1
томато	1
YELLOW CAPSICUM	1

#### FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, vinegar (of choice), honey

#### **KEY UTENSILS**

oven tray, frypan

#### **NOTES**

Roast tomato and capsicum with the sweet potatoes if you prefer it warm.



#### 1. ROAST THE SWEET POTATO

Set oven to 220°C.

Cut **sweet potatoes** into wedges (or halves). Toss with **oil**, **salt and pepper** on a lined oven tray. Bake for 25 minutes or until golden and tender.



#### 2. BROWN THE RISSOLES

Heat a frypan with **oil** over medium-high heat. Reshape **rissoles** (if needed) and add to pan. Cook for 1-2 minutes on each side or until browned. Flatten to your liking with a spatula.



#### 3. ADD THE SAUCE & SIMMER

Pour in **chopped tomatoes** and 1/2 cup **barbecue sauce**. Simmer over mediumlow heat for 8-10 minutes or until rissoles are cooked through and sauce has reduced.



### 4. MAKE THE DRESSING

In the meantime, whisk to combine 1 tbsp olive oil, 1 tbsp vinegar and 1/4 tsp honey in a bowl.



## **5. PREPARE THE SALAD**

Roughly chop **lettuce**, **tomato** and **capsicum**. Toss together in a serving bowl.



#### 6. FINISH AND SERVE

Serve barbecue rissoles and sauce with sweet potato wedges and salad. Drizzle with dressing to taste.



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