




### Product Spotlight: Apple


Apples contain 25% air, which means they float in water, and you can play apple bobs with them!



## Beef Rissoles with Crispy Potato Discs and Apple Chutney

Golden potato rounds roasted with thyme and served with beef rissoles, fresh salad and homemade spiced apple chutney.

 35 minutes

 2 servings

 Beef

## Save the recipe!

*This chutney is delicious on pies, in sandwiches or served with roast vegetables. You can save the recipe so you can make it again!*

Per serve: **PROTEIN** 39g **TOTAL FAT** 37g **CARBOHYDRATES** 53g

## FROM YOUR BOX

MEDIUM POTATOES	3
SHALLOT	1
TOMATO	1
RED APPLES	2
SEEDED MUSTARD	1 small jar
BEEF RISsoles	300g
AVOCADO	1
BABY COS LETTUCE	2-pack

## FROM YOUR PANTRY

oil for cooking, salt, pepper, soy sauce, ground cumin, dried thyme

## KEY UTENSILS

oven tray, saucepan, large griddle or frypan

## NOTES

You can dress the salad with a pre-made dressing of choice if preferred. To make a quick vinaigrette, whisk together 1 tbsp vinegar of choice with 2 tbsp olive oil.



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### 1. ROAST THE POTATOES

Set oven to 220°C.

Thinly slice **potatoes** (roughly 1/2cm thick). Toss on a lined oven tray with **1 tsp thyme, oil, salt and pepper**. Roast in oven for 20-25 minutes until crispy and cooked through.



### 4. PREPARE THE SALAD

Slice **remaining apple** and dice **avocado**. Chop **lettuce** (use to taste). Toss together in a salad bowl (see notes).



### 2. MAKE THE APPLE CHUTNEY

Heat a small saucepan over medium heat with **1 tbsp oil**. Dice **shallot, tomato** and **1 apple**. Add to pan along with **mustard, 1 tbsp soy sauce** and **2 tsp cumin**. Simmer for 20 minutes, then remove from heat.



### 5. FINISH AND SERVE

Divide **potatoes, rissoles** and **salad** among plates. Serve with **chutney**.



### 3. COOK THE RISsoles

Heat a frypan or griddle pan over medium-high heat. Re-shape **rissoles** (if needed), coat with **oil, salt and pepper**. Cook in pan for 5-6 minutes each side or until cooked through.

**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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**

