



Product Spotlight: Hummus

Hummus is a versatile dip, it's delicious and nutritious! It is made from cooked, mashed chickpeas typically blended with tahini, lemon juice, and garlic.



Lebanese Rissoles

with Fattoush Salad

Super quick & easy! Middle Eastern style salad served with beef rissoles, toasted dukkah flatbreads and hummus!



20 minutes



2 servings



Beef

Warm it!

Add some roasted baby carrots, beetroots or cauliflower to this dish to warm it up if you prefer!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	36g	28g	42g

FROM YOUR BOX

CHERRY TOMATOES	200g
LEBANESE CUCUMBER	1
GREEN CAPSICUM	1
BABY COS LETTUCE	1
BEEF MINCE	300g
LEBANESE FLATBREAD	1 packet
DUKKAH	10g
HUMMUS	1 tub

FROM YOUR PANTRY

olive oil, oil for cooking, salt, pepper, ground cumin, white wine vinegar

KEY UTENSILS

grill or frypan

NOTES

The flatbreads crisp up quicker if you place them straight on the racks in the oven instead of on a tray.

Serve the rissoles, hummus and salad ingredients in the wraps instead if you prefer!

No gluten option - Lebanese flatbreads are replaced with GF Turkish rolls.



1. MAKE THE SALAD

Set oven to 220°C

Quarter or halve **tomatoes**. Chop **cucumber**, **capsicum** and **lettuce**. Dress with **1 tbsp olive oil**, **1/2 tbsp vinegar**, **salt** and **pepper**.



2. COOK THE RISSOLES

Combine **beef mince** with **1 tsp cumin**, **salt** and **pepper**. Shape into 4 even size rissoles. Heat a pan over medium heat. Rub **beef rissoles** with **oil** and cook for 5 minutes on each side or until cooked through.



3. CRISP THE BREADS

Rub each **bread** with **oil** and sprinkle with **dukkah** to taste. Cook in the oven for 3-5 minutes, or until crispy (see notes). Break into shards.

4. FINISH AND SERVE

Serve **rissoles** with **hummus**, salad and **flatbreads**. Sprinkle over more **dukkah** to taste (see notes).



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