



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



4/6 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	TOTAL FAT	CARBOHYDRATES
4/6 person:	37g	30g	51g/55g

FROM YOUR BOX

	4 PERSON	6 PERSON
MEDIUM POTATOES	800g	1.2kg
BROWN ONION	1	1
TOMATOES	2	3
RED APPLES	2	3
SEEDED MUSTARD	1 small jar	2 small jars
BEEF RISSOLES	600g	600g + 300g
AVOCADO	1	2
BABY COS LETTUCE	2-pack	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.



1. ROAST THE POTATOES

Set oven to 220°C.

Thinly slice **potatoes** (roughly 1/2cm thick). Toss on a lined oven tray with **2-3 tsp thyme, oil, salt and pepper**. Roast in oven for 20-25 minutes until crispy and cooked through.



2. MAKE THE APPLE CHUTNEY

Heat a small saucepan over medium heat with **2 tbsp oil**. Dice **onion, tomatoes** 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.

6P - dice onion, tomatoes and **2 apples**. Add to pan along with mustard, 2 tbsp soy sauce and 3 tsp cumin.



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.



4. PREPARE THE SALAD

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



5. FINISH AND SERVE

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



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