



## Lebanese Rissoles with Fattoush Salad

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



20 minutes



4/6 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	29g	43g

## FROM YOUR BOX

	4 PERSON	6 PERSON
CHERRY TOMATOES	200g	2 x 200g
LEBANESE CUCUMBERS	2	3
GREEN CAPSICUM	1	2
BABY COS LETTUCE	1	2
BEEF MINCE	600g	600g + 300g
LEBANESE FLATBREAD	5-pack	2 x 5-pack
DUKKAH	10g	2 x 10g
HUMMUS	1 tub	2 tubs

## 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

Halve or quarter **tomatoes**. Chop **cucumber, capsicum** and **lettuce**. Dress with **1 tbsp olive oil, 1 tbsp vinegar, salt and pepper**.

**6P - Dress with 2 tbsp olive oil and 1 1/2 tbsp vinegar.**



### 2. COOK THE RISSOLES

Combine **beef mince** with **2 tsp cumin, salt and pepper**. Shape into 8 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.

**6P - Use 3 tsp cumin.**



### 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).



Scan the QR code to submit a Google review!

**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 **0448 042 515** or send an email to **hello@dinnertwist.com.au**

