



Product Spotlight: Hummus

Hummus is a versatile dip – 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



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**.



4. FINISH AND SERVE

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



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.



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