



### Product Spotlight: The Olive Branch Baba Ganoosh


This mild dip originates from Lebanon. Traditionally, it's made with charred eggplant, tahini (sesame paste), parsley, garlic, olive oil and spices. Think of it as the lesser known sibling of hummus!



## 2 Beef Rissole Wraps with Baba Ganoosh

Take your family's taste buds on a journey to Lebanon! Perth-baked flatbreads topped with beef rissoles, lightly fried capsicum, lettuce and a mild Olive Branch Baba Ganoosh spread.

 30 minutes

 2 servings

 Beef

8 February 2021

### *In a hurry?*

*Instead of waiting for the rissoles to cook before frying the capsicum, you can use two frypans and cook all at the same time. To boost the cooking time of the rissoles, flatten them slightly with your hands before cooking.*

## FROM YOUR BOX

BEEF RISSOLES	300g
COS LETTUCE	1
CONTINENTAL CUCUMBER	1/2 *
RED ONION	1/2 *
YELLOW CAPSICUM	1
FLATBREADS	5-pack
BABA GANOOSH	1 tub (200g)

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, salt, pepper, ground cumin, paprika (smoked or plain), sugar (or sweetener of choice), red wine vinegar

## KEY UTENSILS

frypan, oven tray

## NOTES

IF you prefer, keep flatbreads cold, or heat them in a sandwich press.

Instead of assembling wraps for everyone, you can place all components on a large serving platter and take to the table for everyone to make their own.

**No beef option – rissoles are replaced with chicken schnitzels.** Increase cooking time to 4–5 minutes on each side or until cooked through.

**No gluten option – flatbreads are replaced with GF wraps.**



### 1. COOK THE RISSOLES

Set oven to 200°C (optional, see notes).

Heat a frypan over medium–high heat. Rub rissoles with **oil, 1/2 tsp cumin** and **1/2 tsp paprika**. Add to pan and cook for 8–10 minutes, turning occasionally, until cooked through. Remove to a plate and reserve pan.



### 4. WARM FLATBREADS (OPTIONAL)

Wrap flatbreads in baking paper or foil and place in the oven for 5 minutes to warm through.



### 2. PREPARE THE SALAD

Wash and slice lettuce. Halve and slice cucumber. Arrange on a plate.



### 3. COOK THE CAPSICUM

Re-heat pan with **oil** over medium–high heat. Slice and add onion and capsicum with **1/2 tsp cumin, 1/2 tsp sugar, 2 tsp vinegar, salt and pepper**. Cook for 3–4 minutes until softened.



### 5. FINISH AND PLATE

Slice rissoles.

Assemble wraps (see notes) with a spread of Baba Ganoosh, rissoles, capsicum and salad.

**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 **0481 072 599** or send an email to **hello@dinnertwist.com.au**

