



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: 5-Seed Bread Loaf


The bread used in this recipe is a 5-seed loaf, freshly baked by Perth-local artisan Abhi's Bakery. Love it? Add another to your next Dinner Twist delivery on the online Marketplace!



## 3 Mum's Cheesy Beef Bruschettas

Savoury beef mince and cheesy toast served with fresh veggies — quick, simple and tasty!

 25 minutes

 4 servings

 Beef

9 November 2020

## Blitz it

To speed up the prep (or to hide the veggies from fussy eaters), roughly chop carrot, celery and onion and blitz into fine pieces in a food processor. Add to the frypan in step 1 after cooking the beef for 4-5 mins and continue as per recipe.



## FROM YOUR BOX

BEEF MINCE	600g
BROWN ONION	1
GARLIC CLOVE	1
CARROT	1
CELERY STICKS	2
TOMATO PASTE	1 sachet
GEM LETTUCE	2 *
GREEN CAPSICUM	1
5-SEED BREAD LOAF	1
BOCCONCINI	1/2 tub *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

olive + oil (for cooking), salt, pepper, dried oregano, balsamic vinegar

## KEY UTENSILS

large frypan, oven tray

## NOTES

If you prefer to eat the capsicum cooked, dice it and add with carrot and celery.

**No beef option** – beef mince is replaced with **chicken mince**. Add 1 tbsp of oil to pan at step 1.

**No gluten option** – bread is replaced with **GF bread**.



### 1. COOK THE MINCE

Set oven to 220°C.

Heat a frypan over high heat. Add mince and cook for 4–5 minutes until starting to brown. Dice onion and crush garlic. Add to pan with **oil** (if needed). Cook for a further 3–4 minutes.



### 2. ADD THE VEGETABLES

Grate carrot and dice celery (see notes). Add to pan as you go with tomato paste, **2 tbsp vinegar, 2 tsp oregano and 1 cup water**. Simmer for 5–10 minutes until vegetables are tender. Season with **salt and pepper**.



### 3. PREPARE FRESH VEGGIES

Wash and wedge lettuce. Slice capsicum. Arrange on a plate.



### 4. MAKE THE BRUSCHETTAS

Slice bocconcini using a serrated knife. Slice bread and top with the cheese. Drizzle with **oil** and sprinkle over **1 tsp oregano**. Place onto a lined oven tray and cook for 3–5 minutes until cheese has melted.



### 5. FINISH AND PLATE

Serve cheesy bruschettas with mince and fresh veggies.

**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**

