

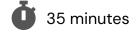




## **Glazed Beef Rissoles**

### with Root Veggie Hash and Relish

Golden cubes of potato and carrot cooked in the pan until crisp and served alongside glazed beef rissoles, fresh garden salad and balsamic beetroot relish.





2 servings



# Switch it up!

You can cut the root vegetables into chips and roast them in the oven instead of making a hash. Combine the beetroot relish with some mayonnaise for a creamier sauce if preferred.

39g

#### FROM YOUR BOX

MEDIUM POTATOES	3
CARROT	1
BEEF MINCE	300g
BABY COS LETTUCE	1
ТОМАТО	1
AVOCADO	1
BEETROOT RELISH	1 jar

#### FROM YOUR PANTRY

oil for cooking, salt, pepper, dried thyme

#### **KEY UTENSILS**

2 large frypans

#### **NOTES**

You can dice the vegetables or cut them into chips and roast them in the oven instead! You can use fresh rosemary or thyme on the hash instead of a dried herb.



#### 1. COOK THE HASH

Heat a frypan over medium-high heat with oil (see notes). Dice potatoes and carrot. Add to pan as you go along with 1/2 tsp dried thyme. Cook for 20-25 minutes, stirring occasionally until golden and tender. Season with salt and pepper.



#### 2. COOK THE RISSOLES

Season beef mince well with salt and pepper. Form into 4 rissoles. Heat a second frypan over medium-high heat with oil. Add rissoles and cook for 6-8 minutes each side or until cooked through (see step 4).



#### 3. PREPARE THE SALAD

Separate and rinse **lettuce leaves.** Wedge **tomato** and slice **avocado**. Set aside.



#### 4. GLAZE THE RISSOLES

Combine 1/4 cup beetroot relish with 1 tbsp water. Pour over rissoles in pan and turn to coat.



#### 5. FINISH AND SERVE

Serve salad, veggie hash and rissoles at the table with remaining beetroot relish.



