



**Product Spotlight:
Potato**

You don't have to peel the potatoes before cooking; scrub them instead. The skin contains vitamins and nutrients!



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.



35 minutes



2 servings



Beef

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.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	34g	28g	39g

FROM YOUR BOX

MEDIUM POTATOES	3
CARROT	1
BEEF MINCE	300g
BABY COS LETTUCE	1
TOMATO	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**.

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**

