



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



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



4/6 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.

	PROTEIN	TOTAL FAT	CARBOHYDRATES
Per serve	34g	24g	43g
4/6 Person:			

FROM YOUR BOX

	4 PERSON	6 PERSON
MEDIUM POTATOES	800g	1.2kg
CARROTS	2	3
BEEF MINCE	600g	900g
BABY COS LETTUCE	1	2
TOMATO	1	2
AVOCADO	1	2
BEETROOT RELISH	1 jar	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 heat with **oil** (see notes). Dice **potatoes** and **carrots**. Add to pan with **1-2 tsp thyme**. Cook for 20-25 minutes, stirring until golden and tender. Season with **salt and pepper**.

6P - we recommend roasting the vegetables in the oven as per notes.



4. GLAZE THE RISsoles

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

6P - use **1/3 cup beetroot relish** and **2 tbsp water**.



2. COOK THE RISsoles

Season **beef mince** well with **salt and pepper**. Form into **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).



5. FINISH AND SERVE

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



3. PREPARE THE SALAD

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

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**

