



Product Spotlight: Avocado

Is your avocado not ripe yet? Put it in a paper bag for 2-4 days to speed up the process. Adding a banana or apple will make it even quicker!



Beef Patties

with Root Veggie Hash and Capsicum Aioli

Golden cubes of rosemary roast potato and carrot served with mildly spiced beef patties and a creamy roast pepper aioli for dipping.



30 minutes



2 servings



Beef

Make a burger!

You can shape the beef into larger burger patties and serve with the salad between burger buns! Use the root vegetables and make chips as a side instead.

Per serve: **PROTEIN** 41g **TOTAL FAT** 49g **CARBOHYDRATES** 61g

FROM YOUR BOX

MEDIUM POTATOES	3
CARROT	1
ROSEMARY SPRIG	1
ROASTED PEPPERS	1 jar
AIOLI	100g
CHERRY TOMATOES	200g
AVOCADO	1
MESCLUN LEAVES	60g
BEEF RISSOLES	300g

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground coriander

KEY UTENSILS

oven tray, stick mixer or blender, frypan

NOTES

You can dress the salad with a dressing of choice. To make a quick vinaigrette, whisk together 1/2 tbsp vinegar or 1/2 tbsp lemon juice with 1 tbsp olive oil, salt and pepper.



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1. ROAST THE VEGETABLES

Set oven to 250°C.

Dice **potatoes** and **carrot**. Chop **rosemary** leaves to yield 1 tsp. Toss together on a lined oven tray with **oil, salt and pepper**. Roast in oven for 25–30 minutes until golden and crispy.



4. COOK THE BEEF PATTIES

Sprinkle **beef rissoles** with **1/2 tbsp coriander** and season with **salt and pepper**. Cook in a frypan with **oil** over medium-high heat for 4–5 minutes each side or until cooked through.



2. PREPARE THE AIOLI

Drain **roasted peppers**. Blend together with **aioli** using a stick mixer or blender until smooth. Set aside.



3. PREPARE THE SALAD

Halve **tomatoes** and slice **avocado**. Toss together with **mesclun leaves** (see notes).



5. FINISH AND SERVE

Serve beef patties with root vegetable hash, salad and aioli.

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**

