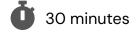


# **Beef Patties**

# 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.





2 servings



# 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.

PROTEIN TOTAL FAT 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.





## 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.



# 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).



# 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.



# 5. FINISH AND SERVE

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





