



Product Spotlight: Apples

Apples contain 25% air, which means they float in water, and you can play apple bobs with them! They also help control insulin levels by releasing sugar slowly into the bloodstream.



Pork and Apple Rissoles with Wedges and Salad

Pork rissoles flavoured with grated apple and served with crispy potato wedges, fresh salad, and a sweet, tangy beetroot relish.



30 minutes



2 servings



Pork

Bulk it up!

To bulk up the rissoles add grated carrot or zucchini, bread crumbs, egg and parmesan cheese!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	56g	18g	53g

FROM YOUR BOX

MEDIUM POTATOES	3
GREEN APPLE	1
PORK MINCE	500g
GARLIC CLOVE	1
CARROT	1
BABY COS LETTUCE	1
BEETROOT RELISH	1 jar

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried sage (see notes), vinegar of choice

KEY UTENSILS

large frypan, oven tray

NOTES

You can substitute dried sage with dried oregano, rosemary or thyme.

Make smaller meatballs or large patties if desired.

Leave salad undressed for fussy eaters.



1. BAKE THE WEDGES

Set oven to 250°C.

Cut **potatoes** into wedges. Add to a lined oven tray and toss with **oil, salt and pepper**. Roast for 25–30 minutes or until tender and golden.



4. MAKE THE SALAD

Slice reserved **apple**. Use a peeler to ribbon **carrot**. Trim, separate and rinse **lettuce leaves**. Toss in a bowl with **1 tbsp olive oil** and **1/2 tbsp vinegar** (see notes).



2. MAKE THE RISsoles

Grate **1/2 apple** (reserve remaining for step 4). Add to a bowl along with **pork mince**, crushed **garlic clove**, **2 tsp sage**, **salt and pepper**. Mix to combine. Use **oiled** hands to roll 1/4 cupfuls of mixture into rissoles (see notes).



3. COOK THE RISsoles

Heat a frypan over medium-high heat. Add rissoles and cook for 3–4 minutes each side until cooked through.



5. FINISH AND SERVE

Divide wedges, salad and rissoles among plates. Serve with **beetroot relish**.



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