

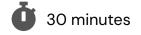




Pork and Apple Rissoles

with Wedges and Salad

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





4 servings



Pork

Bulk it up!

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

er serve: PROTEIN TOTAL FAT CARBOHYDRATES

13g

3g

52g

FROM YOUR BOX

MEDIUM POTATOES	800g
GREEN APPLES	2
PORK MINCE	500g
GARLIC CLOVE	1
CARROTS	2
BABY COS LETTUCE	2
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.



2. MAKE THE RISSOLES

Grate 1 apple. 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.



4. MAKE THE SALAD

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



5. FINISH AND SERVE

Divide wedges, salad and rissoles among



plates. Serve with 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 0481 072 599 or send an email to hello@dinnertwist.com.au



