



### 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



4 servings



Pork

### Bulk it up!

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

Per serve:	<b>PROTEIN</b>	<b>TOTAL FAT</b>	<b>CARBOHYDRATES</b>
	30g	13g	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**.



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