



Product Spotlight: Beetroot

Beetroot is naturally sweet and earthy, and roasting brings out its rich colour and flavour even more. Store unwashed in the fridge for up to two weeks



Aussie Lamb Rissoles

Classic lamb rissoles with tomato chutney for dipping, alongside a roasted beetroot and feta salad with crisp lettuce leaves and honey dressing.



35 minutes



Lamb



4/6 servings

Switch it up!

You can make lamb burgers by shaping the rissoles into one patty per person, serve in a bun with lettuce, grated carrot and beetroot. Blend the feta into a sauce and serve in the burgers along with tomato chutney.

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	35g/39g	22g	24g

FROM YOUR BOX

	4 PERSON	6 PERSON
BEETROOTS	3	4
CARROTS	2	3
ROSEMARY	1 stalk	1 stalk
LAMB MINCE	600g	600g + 300g
GARLIC CLOVES	2	3
GEM LETTUCE	3-pack	3-pack
FETA CHEESE	200g	200g
TOMATO CHUTNEY	4 x 25g	6 x 25g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, white or red wine vinegar, honey or sweetener of choice

KEY UTENSILS

large frypan, oven tray

NOTES

You can add some ground cumin or coriander to the vegetables to roast for extra flavour.

Gem lettuce leaves can be quite sandy. Give them a good soak to remove the excess sand before spin drying them in a salad spinner.



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1. ROAST THE VEGETABLES

Set oven to 220°C.

Wedge **beetroots**. Reserve 1/2 carrot (for rissoles) and dice remaining. Toss on a lined oven tray with **oil, salt and pepper** (see notes). Roast for 25 minutes until tender.



4. PREPARE THE DRESSING

In a large serving bowl, whisk together **3 tbsp olive oil, 2 tbsp vinegar, 1 crushed garlic clove, 1/2 tbsp honey, salt and pepper**.

6P - whisk together 4 tbsp olive oil, 3 tbsp vinegar, 1 crushed garlic clove, 3 tsp honey, salt and pepper.



2. PREPARE THE RISSOLES

Grate remaining 1/2 carrot and chop **rosemary**. Combine with **lamb mince, 1 crushed garlic clove, salt and pepper**. Shape into 8 even sized rissoles and coat with **oil**.

6P - use 2 garlic cloves and shape mixture into 12 rissoles.



5. TOSS THE SALAD

Rinse and separate **lettuce** leaves (see notes). Toss with **dressing, roast vegetables and crumbled feta**.



3. COOK THE RISSOLES

Heat a frypan or griddle pan over medium-high heat. Cook **lamb rissoles** for 3-5 minutes each side or until cooked through.



6. FINISH AND SERVE

Serve **lamb rissoles** with **tomato chutney** for dipping and **beetroot salad** on the side.

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