



Product Spotlight: Dutch Carrots

It is often forgotten that the carrot top leaves are also edible! They taste similar to parsley in flavour and can be eaten raw in salads, or sautéed in a little olive oil.



Chicken Rissoles

with Roast Carrots, Apple and Parsnips

Chicken rissoles flavoured with fresh thyme and fennel seeds, cooked in a well balanced mustard gravy and served with roasted dutch carrots, apple and parsnip.



30 minutes



2 servings



Chicken

Wrap it up!

If you have wraps or flatbreads at home, slice up the rissoles, add rocket, roasted apple and carrot, and drizzle with mustard gravy for a delicious lunch or light dinner wrap.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	30g	20g	30g

FROM YOUR BOX

DUTCH CARROTS	1 bunch
PARSNIPS	2
RED APPLE	1
THYME	1 packet
CHICKEN MINCE	300g
MUSTARD	1 jar
CHERRY TOMATOES	200g
ROCKET LEAVES	120g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, honey, fennel seeds (see notes), cornflour, vinegar (of choice)

KEY UTENSILS

oven tray, large frypan

NOTES

You can roast the cherry tomatoes with the vegetables instead of serving fresh.

You can use dried oregano or fresh rosemary for the patties instead of fennel seeds.



1. ROAST THE VEGETABLES

Set oven to 220°C.

Trim and scrub **carrots**. Wedge **parsnips** and **apple**. Toss on a lined oven tray with **1/2 packet thyme leaves**, **oil**, **salt** and **pepper** (see notes). Roast in oven for 20–25 minutes until cooked through.



4. MAKE THE ROCKET SALAD

Halve **tomatoes** and toss with **rocket leaves**. Dress with **olive oil** and **vinegar** (optional).



2. MAKE THE RISsoles

In a bowl, combine **mince** with **2 tsp thyme leaves**, **1/2 tsp fennel seeds**, **salt** and **pepper**. Heat a frypan over medium-high heat with **oil**. Scoop **1/4 cupfuls mince** into pan (makes 6). Cook for 4–5 minutes on each side or until cooked



3. MAKE THE MUSTARD GRAVY

Add **mustard** to a bowl along with **1 cup water**, **1 tsp honey** and **2 tsp cornflour**. Whisk to combine then pour into frypan with **rissoles**. Cook for 5 minutes until thickened. Season to taste with **salt** and **pepper**.



5. FINISH AND SERVE

Divide **roast vegetables**, **rissoles** and **rocket salad** among plates. Spoon over **gravy**.



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