

**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 Roasted 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

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	38g	3g	49g

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 through.



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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