



Product Spotlight: Beetroot

WA beets are dense with nutrients such as potassium, magnesium, folate and vitamin C and can help reduce blood pressure, improve circulation and are great for healthy eyes!



Spiced Pork Skewers with Beetroot Tabbouleh

A beetroot, lentil and feta cheese tabbouleh with mint and orange, served with grilled pork mince koftas.

Spice it up!

You can add dukkah or toasted seeds to the salad if you have some. Add some crushed garlic to the pork mince for added flavour!



30 minutes



2 servings



Pork

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	82g	35g	52g

FROM YOUR BOX

BEETROOTS	2
MINT	1 bunch
SPRING ONIONS	1 bunch
LEBANESE CUCUMBER	1
ORANGE	1
FETA CHEESE	1 block
TINNED LENTILS	400g
PORK MINCE	500g

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, ground cumin, red wine vinegar, skewers (optional)

KEY UTENSILS

large frypan, oven tray

NOTES

You can peel the beetroots if preferred.

If you're not using skewers you can shape the pork into meatballs, koftas or patties.



1. ROAST THE BEETS

Set oven to 220°C.

Trim, scrub and wedge beetroots (see notes). Toss on a lined oven tray with **1 tsp cumin, oil, salt and pepper**. Roast for 20–25 minutes until tender.



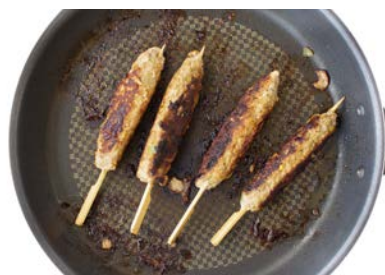
2. PREPARE THE TABBOULEH

Slice mint leaves and spring onion green tops (reserve remaining for step 3). Dice cucumber. Zest orange to yield 1 tsp, peel and dice the fruit. Crumble feta. Drain and rinse lentils. Add to a large bowl as you go.



3. PREPARE THE PORK

Finely slice reserved spring onions. Combine with pork mince and **2 tsp cumin, salt and pepper**. Use **oiled** hands to shape even amounts of mince onto 8 skewers (see notes).



4. COOK THE PORK

Heat a frypan over medium-high heat with **oil**. Cook pork skewers for 6–8 minutes turning or until cooked through.



5. FINISH THE TABBOULEH

Whisk together **1/2 tbsp vinegar** and **1 tbsp olive oil**. Toss through tabbouleh along with roast beetroots. Season with **salt and pepper**.



6. FINISH AND PLATE

Divide beetroot tabbouleh and pork skewers among plates.



Scan the QR code to
submit a Google review!

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**

