



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



4 servings



Pork

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	48g	18g	39g

FROM YOUR BOX

BEETROOTS	3
MINT	1 bunch
SPRING ONIONS	1 bunch
LEBANESE CUCUMBERS	2
ORANGE	1
FETA CHEESE	1 block
TINNED LENTILS	2 x 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 **2 tsp cumin, oil, salt and pepper**. Roast for 20-25 minutes until tender.



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.



2. PREPARE THE TABBOULEH

Slice **mint** leaves and **spring onion** green tops (reserve remaining for step 3). Dice **cucumbers**. 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.



5. FINISH THE TABBOULEH

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



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).



6. FINISH AND PLATE

Divide beetroot tabbouleh and pork skewers among plates.



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