



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.



30 minutes



4/6 servings



Pork

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!

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	45g/67g	31g/39g	45g/51g

FROM YOUR BOX

	4 PERSON	6 PERSON
BEETROOTS	3	5
MINT	1 bunch	1 bunch
SPRING ONIONS	1 bunch	2 bunches
LEBANESE CUCUMBERS	2	3
ORANGE	1	2
FETA CHEESE	1 packet	1 packet
TINNED LENTILS	2 x 400g	2 x 400g
PORK MINCE	500g	2 x 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.



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1. ROAST THE BEETS

Set oven to 220°C.

Trim, scrub and wedge **beetroots** (see notes). Toss on a lined oven tray with **2-3 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 **cucumbers**. Zest **orange** to yield 1 tsp, peel and dice **orange**. 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 **2-3 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 tbsp vinegar** and **2 tbsp olive oil**. Toss through **tabbouleh** along with **roast beetroots**. Season with **salt and pepper**.

6P - whisk together **1 1/2 tbsp vinegar** and **3 tbsp olive oil**.



6. FINISH AND PLATE

Divide **beetroot tabbouleh** and **pork skewers** among plates.

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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**

