



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Pumpkin

Just 1/2 cup of cooked pumpkin provides 100% RDI of vitamin A. This particular vitamin assists with healthy vision, good skin and strong bones!



## 1 Lebanese Rissoles with Pumpkin & Tabbouleh

Quick, easy and wholesome! Middle Eastern style salad served with beef rissoles, roasted pumpkin and finished with a sprinkle of dukkah.

 20 minutes

 2 servings

 Beef

10 August 2020

*Love spices?*

*Add 1 tsp ground cinnamon to pumpkin for a delicious aromatic flavour!*

## FROM YOUR BOX

DICED PUMPKIN	1 bag (400g)
BEEF RISSOLES (GF)	300g
MINT	1 bunch
TOMATOES	2
CONTINENTAL CUCUMBER	1/2 *
CELERY STICK	1
ORANGE	1
DUKKAH	1 packet (30g)

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

olive + oil for cooking, salt, pepper, ground cumin, red or white wine vinegar

## KEY UTENSILS

oven tray, grill or frypan

## NOTES

Serve the rissoles with pumpkin mash if you prefer!

**No beef option** – beef rissoles are replaced with chicken schnitzels. Increase cooking time if needed to ensure chicken is cooked through.



### 1. ROAST THE PUMPKIN

Set oven to 220°C

Toss pumpkin on a lined oven tray with **1/2 tsp cumin, oil, salt and pepper**. Roast in oven for 20 minutes until golden and cooked through.



### 2. COOK THE RISSOLES

Heat a grill or frypan over medium heat. Rub rissoles with **oil** and **1/2 tsp cumin**, add to pan and cook for 4-5 minutes on each side or until cooked through.



### 3. MAKE THE SALAD

Chop mint leaves, tomatoes, cucumber, celery and orange. Add to a large bowl and dress with **1/2 tbsp vinegar** and **1/2 tbsp olive oil**. Season with **salt and pepper**.



### 4. FINISH AND SERVE

Serve rissoles with roasted pumpkin and tabbouleh salad. Sprinkle over dukkah to taste.

**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**

