



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

 4 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 (800g)
BEEF RISSOLES (GF)	600g
MINT	1 bunch
TOMATOES	3
CONTINENTAL CUCUMBER	1/2 *
CELERY STICKS	2
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, large 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 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 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 tbsp vinegar** and **1 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**

