

V2



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Asian Beef Rissoles

Juicy beef rissoles served on a bed of rice with fresh cucumber and avocado salsa.

25 minutes

2 servings

Beef

FROM YOUR BOX

BASMATI RICE	150g
BEEF MINCE	300g
AVOCADO	1
RED CHILLI	1
LEBANESE CUCUMBER	1

FROM YOUR PANTRY

oil for cooking, salt and pepper, sweet chilli sauce

NOTES

You can skip the rissoles and cook the beef mince as is if preferred.

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1. COOK THE RICE

Place **rice** in a saucepan, cover with **300ml water**. Cover with a lid and bring to a boil. Reduce to medium-low heat for 10-15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.

TIP

Stir through 1/4 cup coconut milk or toasted shredded coconut after the rice has cooked to make coconut rice.

2. COOK THE BEEF RISSOLES

Season **beef mince** with **salt and pepper**. Shape into 4 even sized **rissoles**. Heat a frypan over medium heat with **oil**. Cook **rissoles** for 5-8 minutes each side or until cooked through (see notes).

TIP

Use sesame oil or coconut oil for extra fragrance. You can add 1/2 tsp Chinese Five Spice or crushed garlic to season the beef mince for more flavour. After the rissoles are cooked, you can brush them with hoisin or oyster sauce for flavour.

3. MAKE THE SALSA

Finely dice **avocado**, **chilli** and **cucumber**. Toss together.

TIP

You can add sliced spring onions, fresh mint or coriander to the salsa. Diced mango or apple also work well! Dress the salsa with lime juice if you have some.

4. FINISH AND SERVE

Combine in a small bowl **2 tbsp sweet chilli sauce** and **1 tbsp water**. Divide **rice**, **rissoles** and **salsa** among plates. Spoon over **dressing** to taste.

TIP

Use lime or orange juice instead of water if you have some! A pre-made Asian dressing

This recipe has simplified instructions to help lower your meal cost.