



Classic Beef Rissoles

Homestyle beef rissoles served with roasted sweet potato wedges and a fresh garden salad.



30 minutes



Beef



2 servings

FROM YOUR BOX

SWEET POTATOES	400g
BABY COS LETTUCE	1
TOMATO	1
LEBANESE CUCUMBER	1
CARROT	1
BEEF MINCE	300g

FROM YOUR PANTRY

oil for cooking, salt and pepper

NOTES

For a more filling option, shape beef mince into burger patties and serve in hamburger buns with salad fillings.

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1. COOK THE SWEET POTATOES

Set oven to 220°C. Wedge **sweet potatoes** and toss on a lined oven tray with **oil, salt and pepper**. Roast for 25–30 minutes until golden and cooked through.

TIP *Add 1/2 tsp smoked paprika or dried herb of choice for a difference in flavour. Use the sweet potatoes to make a mash instead if preferred.*

2. PREPARE THE SALAD

Chop and rinse **baby cos lettuce** leaves. Wedge **tomato**, slice **cucumber** and **1/2 carrot**. Toss with **dressing of choice** (see tip).

TIP *Dress the salad with a simple vinaigrette using 1 tbsp vinegar whisked with 1 tbsp olive oil.*

You can add sliced avocado, capsicum or fresh chopped herbs to the salad.

3. COOK THE RISsoles

Grate remaining **1/2 carrot**. Combine with **beef mince**, season with **1 tsp dried herb or ground spice of choice** (see tip), **salt and pepper**. Shape into 6 even sized **rissoles**. Heat a frypan over medium–high heat with **oil**. Cook **rissoles** for 3–4 minutes each side or until cooked through.

TIP *We added 1/2 tsp dried oregano and 1 tbsp BBQ sauce to flavour the rissoles. You can use ground garlic, paprika or cumin.*

4. FINISH AND SERVE

Serve **rissoles, salad** and **sweet potato wedges** at the table along with condiment of choice.

TIP *Serve rissoles with your favourite tomato sauce/relish, chutney or BBQ sauce.*

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