



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Tomatoes

Tomatoes contain potassium, fibre and vitamin C as well as lycopene, a rare antioxidant that can help to prevent various cancers.



## 3 Pork & Fennel Patties with Sweet Potato

Juicy pork mince patties with fennel and sweet apple, cooked in the pan and served alongside a roast sweet potato and peppery rocket salad, finished with a punchy mustard dressing.

 30 minutes

 2 servings

 Pork

26 October 2020

## Spice it up!

*You could use cumin seeds or a dried herb such as dried thyme or rosemary in the patties instead of fennel seeds!*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	38g	28g	66g

## FROM YOUR BOX

SWEET POTATO	400g
SHALLOT	1
GREEN APPLE	1
PORK MINCE	300g
SEEDED MUSTARD	1 jar
LEBANESE CUCUMBER	1
CHERRY TOMATOES	1/2 bag (100g) *
ROCKET LEAVES	1 bag (60g)

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, fennel seeds

## KEY UTENSILS

oven tray, frypan

## NOTES

If using a non-stick frypan you won't need any extra oil to cook the patties. If not, add a little oil to the pan before cooking to prevent the patties from sticking.

**No pork option** – pork mince is replaced with chicken mince.



### 1. ROAST SWEET POTATO

Set oven to 220°C.

Dice sweet potato and toss on a lined oven tray with **oil, salt and pepper**. Roast for 20–25 minutes until cooked through.



### 2. PREPARE THE PATTIES

Chop shallot and grate 1/2 the apple. Combine with pork mince, **1/2 tsp fennel seeds, salt and pepper**. Use oiled hands to shape mixture into 4 even size patties.



### 3. COOK THE PATTIES

Heat a frypan over medium–high heat (see notes). Cook patties for 5–6 minutes each side or until cooked through. Take off heat and set aside to rest.



### 4. MAKE THE DRESSING

Combine mustard with **2 tbsp olive oil, 1 tbsp water, salt and pepper**.



### 5. PREPARE THE SALAD

Dice cucumber and halve tomatoes. Slice remaining apple. Toss together with roast sweet potato, rocket leaves and **olive oil**.



### 6. FINISH AND PLATE

Divide sweet potato salad and pork patties among plates. Serve with mustard dressing 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](mailto:hello@dinnertwist.com.au)

