



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

 4 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** 37g **TOTAL FAT** 28g **CARBOHYDRATES** 55g

FROM YOUR BOX

SWEET POTATO	800g
SHALLOT	1
GREEN APPLE	1
PORK MINCE	600g
SEEDED MUSTARD	1 jar
LEBANESE CUCUMBER	1
CHERRY TOMATOES	1/2 bag (200g) *
ROCKET LEAVES	1 bag (200g)

**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 apple. Combine with pork mince, **1 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 seeded mustard with **1/4 cup olive oil, 1 tbsp water, salt and pepper**.



5. PREPARE THE SALAD

Dice cucumber and halve tomatoes. 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**

