



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Beetroot

WA beets are dense with nutrients such as potassium, magnesium, folate and vitamin C and can help reduce blood pressure, improve circulation and are great for healthy eyes!



3 Spiced Pork Skewers with Beetroot Tabbouleh

A beetroot, lentil and feta cheese tabbouleh with mint and orange, served with grilled pork mince koftas.

 30 minutes

 4 servings

 Pork

15 February 2020

Spice it up!

You can add dukkah or toasted seeds to the salad if you have some. Add some crushed garlic to the pork mince for added flavour!

Per serve: **PROTEIN** 47g **TOTAL FAT** 23g **CARBOHYDRATES** 27g

FROM YOUR BOX

BABY BEETROOTS	1 bunch
MINT	1/2 bunch *
SPRING ONIONS	1/2 bunch *
CONTINENTAL CUCUMBER	1/2 *
ORANGE	1
FETA CHEESE	1/2 block *
TINNED LENTILS	2 x 400g
PORK MINCE	600g

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, dried Italian herbs, ground cumin, red wine vinegar, skewers (optional)

KEY UTENSILS

large frypan, oven tray

NOTES

You can peel the beetroots if preferred.

If you're not using skewers you can shape them pork into meatballs, koftas or patties.

No pork option – pork mince is replaced with chicken mince. Roll the mixture into even size meatballs using oiled hands as chicken mince can be tricky to shape into koftas.



1. ROAST THE BEETS

Set oven to 220°C.

Trim, scrub and wedge beetroots (see notes). Toss on a lined oven tray with **2 tsp cumin, oil, salt and pepper**. Roast for 20–25 minutes until tender.



2. PREPARE THE TABBOULEH

Slice mint leaves and green ends of spring onions (reserve white ends for pork). Dice cucumber. Zest orange to yield 1 tsp, peel and dice the fruit. Crumble feta. Toss together with drained lentils.



3. PREPARE THE PORK

Chop white ends of spring onions. Combine with pork mince and **2 tsp cumin, 2 tsp dried Italian herbs, salt and pepper**. Use oiled hands to shape even amounts of mince around 8 skewers (see notes).



4. COOK THE PORK

Heat a frypan over medium–high heat with **oil**. Cook pork skewers for 6–8 minutes turning or until cooked through.



5. FINISH THE TABBOULEH

Whisk together **1 tbsp vinegar and 2 tbsp olive oil**. Toss through tabbouleh along with roast beetroots. Season with **salt and pepper**.



6. FINISH AND PLATE

Divide beetroot tabbouleh and pork skewers among plates.

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

