

X4



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



## Beef Rissoles

with Fattoush Salad

Beef rissoles paired with a refreshing and crisp salad with crushed toasted pita breads for crunch.



25 minutes



4 servings



Beef



## FROM YOUR BOX

BEEF RISSOLES	600g
PITA POCKETS	5-pack
BABY COS LETTUCE	1
TOMATO	1
GREEN CAPSICUM	1

## FROM YOUR PANTRY

oil for cooking

## NOTES

The oven is used to crisp the pita breads. You can toast them in a sandwich press if you have one.

You can bulk up the salad with cherry tomatoes, cucumber, sliced radishes, sliced red onion or chickpeas.

You can use the ingredients for this dish to make stuffed pita pockets instead! Combine crumbed beef rissoles with diced tomato, capsicum and shredded lettuce. Stuff into the pita pockets and serve with a yoghurt dressing.

## 1. COOK THE RISSOLES

Set oven to 220°C (see notes).

Heat a frypan over medium-high heat with **oil**. Cook the rissoles for 5 minutes each side or until cooked through.

**TIP** *You can rub a ground spice over the rissoles for extra flavour. We used 2 tsp ground coriander. Ground cumin or smoked paprika would also work well! Reshape the rissoles if needed.*

## 2. CRISP THE PITA BREAD

Coat pita breads with **oil** and place on a lined oven tray. Bake for 5–8 minutes until crispy.

**TIP** *You can toast the pita bread in a sandwich press if you have one. We rubbed oil and 1 tsp dukkah over the bread before toasting. You could sprinkle some ground cumin or sumac on top.*

## 3. PREPARE THE SALAD

Chop lettuce, tomato and capsicum (see notes).

**TIP** *You can make a quick vinaigrette for the salad by whisking together 1/2 tbsp vinegar and 1 tbsp olive oil. You could also use lemon juice and add some sumac. Add any fresh chopped herbs such as parsley, mint or dill. We used 2 tbsp pre-made Greek dressing.*

## 4. FINISH AND SERVE

Crush the toasted pita bread into pieces. Toss with salad and dressing if preferred. Serve with beef rissoles.

**TIP** *You can serve this dish with lemon wedges, a yoghurt dipping sauce, hummus or babaganoush.*

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