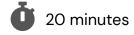


Italian Beef Patty

with Ricotta

Grilled oregano beef patty served with tomato dressed barley, rocket leaves and a delicious ricotta basil dollop!





2 servings



Make rissoles

If you have a bit more time up your sleeve you can make rissoles or little meatballs instead! Delicious as part of a picnic style dinner!

FROM YOUR BOX

PEARL BARLEY	1 packet (100g)
BEEF MINCE	300g
RICOTTA	1 tub (250g)
BASIL	1/2 bunch *
CHERRY TOMATOES	1/2 packet (100g) *
SUN-DRIED TOMATOES	1 jar
ROCKET LEAVES	1/2 bag (30g) *
ARANCINI	1 packet

^{*}Ingredient also used in another recipe

FROM YOUR PANTRY

olive oil, oil for cooking, salt, pepper, dried oregano

KEY UTENSILS

saucepan, grill/frypan or barbecue

NOTES

Use a pair of scissors to help chop the sun-dried tomatoes in the jar - quick and mess free!

No beef option - beef mince is replaced with chicken mince. Instead of forming patties with your hands you can dollop the chicken mixture straight into the frypan. We recommend a regular frypan to cook these.

No gluten option - pearl barley is replaced with white quinoa. Cook as per recipe instructions.

VEG OPTION - Ingredients are replaced with vegetarian alternatives - follow the cooking instructions as directed.



1. COOK THE BARLEY

Place pearl barley in a saucepan and cover with water. Bring to the boil and simmer for 15 minutes or until tender. Drain and rinse in cold water.

VEG OPTION - Cook the barley as per instructions above and set oven to 220°C.



4. MAKE THE RICOTTA DOLLOP

Stir to combine remaining ricotta and basil leaves with 1 tsp oregano, salt, pepper and 1-2 tsp olive oil.

VEG OPTION - Use the whole tub of ricotta for the dollop.



2. MAKE & COOK THE PATTIES

Mix beef mince with 50g ricotta, 1/2 tsp oregano, salt and pepper. Form 2 large patties using oiled hands. Cook in a frypan/barbecue over medium heat for 5 minutes on each side.

VEG OPTION - Place arancini on a lined tray. Bake in oven for 10-15 minutes or until warmed through and golden.



3. MAKE THE TOMATO DRESSING

Slice basil leaves.

Quarter cherry tomatoes and place in a serving bowl along with chopped sundried tomatoes (see notes) along with oil from the jar, half of the basil, salt and pepper.



5. TOSS IT ALL TOGETHER

Toss barley with tomato dressing. Adjust seasoning if needed.



6. FINISH AND SERVE

Serve beef patty with tomato barley, rocket and finish with a dollop of ricotta.

VEG OPTION - Serve Arancini with tomato barley, rocket and a dollop of ricotta.

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



