

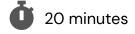




# **Beef Rissoles**

# in Creamy Mushroom Sauce

Thyme beef rissoles cooked in a delicious mushroom sauce (made with the help of Suppa Club's delicious mushroom soup!) and served over creamy mash with a side of rocket leaves.





2 servings



If you have a bit more time you can make little meatballs instead! Serve with mash or roasted potatoes, also delicious over pasta!

## FROM YOUR BOX

MEDIUM POTATOES	2
PARSNIP	1
BEEF MINCE	300g
THYME	1/2 packet *
MUSHROOMS	150g
MUSHROOM SOUP	1 jar
SPRING ONIONS	2
ROCKET LEAVES	1/2 bag (30g) *
BROWN ONION	1
BABY KING OYSTER MUSHROOMS	1 packet

<sup>\*</sup>Ingredient also used in another recipe

#### FROM YOUR PANTRY

oil/butter for cooking, salt, pepper (ground paprika VEG option only)

#### **KEY UTENSILS**

saucepan, frypan

#### NOTES

White pepper is a lovely seasoning for potato mash! Add the spring onions and thyme to mushroom sauce instead if you prefer a 'plain' mash.

No beef option - beef mince is replaced with chicken mince. Increase cooking time to 4-5 minutes each side or until cooked through.

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



#### 1. BOIL POTATOES & PARSNIP

Roughly chop potatoes and peeled parsnip. Place in a saucepan, cover with water and bring to the boil. Simmer for 12-15 minutes or until soft. See step 5.



#### 2. MAKE THE RISSOLES

Combine beef mince, with 1 tbsp thyme leaves, salt and pepper. Form 2 large rissoles using oiled hands (make smaller ones if you prefer!).

**WEG OPTION - Skip this step.** 



## 3. COOK THE RISSOLES

Heat a frypan with **oil** over medium-high heat. Cook for 3-4 minutes. Quarter and add mushrooms, turn rissoles and cook for a further 3 minutes.

VEG OPTION - Heat a frypan with oil over high heat. Slice onion, quarter all mushrooms and add to pan as you go.



## 4. ADD THE SAUCE

Pour in sauce (soup, use to taste) into frypan and simmer for 5 minutes or until patties are cooked through.

VEG OPTION - Season with 2 tsp paprika and 1/4 packet thyme leaves. Pour in sauce (soup, use to taste) and simmer for 6-8 minutes.



## 5. MAKE THE MASH

Drain potatoes, reserving roughly 2-3 tbsp cooking water in the saucepan (see notes). Add 1-2 tbsp butter, chopped spring onions and thyme leaves to taste. Season well to taste with salt and pepper.



## 6. FINISH AND SERVE

Serve mash with beef patties in mushroom sauce and rocket leaves.

VEG OPTION - Serve mushroom stroganoff over mash with a side of rocket leaves (dress with oil and vinegar if preferred).

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



