



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Suppa Club

We love Suppa Club. Founder Dave is amazing & as passionate as we are about local produce & supporting our local farmers. He started with a range of 4 delicious soups which has now grown to over 20! You can find our favourites on the Marketplace!



## 3 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.



20 minutes



2 servings






Beef

28 May 2021

## Make meatballs

*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

\*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!).

 **VEG 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](mailto:hello@dinnertwist.com.au)

