



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Olives


There are many different types of olives! The largest is called 'donkey olive' and the smallest 'bullet olive'.



## 3 Mediterranean Beef Patties

Sweet potato, capsicum and tomatoes roasted in the oven with lemon zest and balsamic vinegar, finished with crumbled feta cheese and served with herby beef patties.

 25 minutes

 2 servings



 Beef

24 September 2021

*Switch it up!*

*You can make skewers using the veggies for a fun dish! White potatoes can be used instead of the sweet potatoes and remove the olives from the beef patties if preferred.*

## FROM YOUR BOX

ZUCCHINI	1
YELLOW CAPSICUM	1/2 *
RED ONION	3/4 *
CHERRY TOMATOES	1/2 bag (100g) *
DICED SWEET POTATOES	400g
OREGANO	1/2 packet *
LEMON	1
KALAMATA OLIVES	1/2 tub (50g) *
BEEF MINCE 	300g
FETA CHEESE	1/2 packet *
 QUINOA SALAD KIT	1 packet

\*Ingredient also used in another recipe

## FROM YOUR PANTRY

olive oil, oil for cooking, salt, pepper, balsamic vinegar, dried Italian herbs

## KEY UTENSILS


large frypan, oven tray, saucepan with lid (vegetarian option only)

## NOTES

For a quicker cook time, roast the sweet potato in the oven while preparing the remaining vegetables on a second oven tray.

If your oven doesn't reach 250°C you can roast the vegetables at 220°C for 25–30 minutes instead.

**No beef option** – beef mince is replaced with chicken mince. Use oil in pan.

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



## 1. ROAST THE VEGETABLES


Set oven to 250°C.

Chop zucchini, capsicum and onion. Add to a lined oven tray with tomatoes and sweet potatoes. Toss with oregano leaves, lemon zest, juice from 1/2 lemon (wedge remaining), **1 tbsp vinegar, 1 tbsp olive oil, salt and pepper** (see notes). Roast for 20 minutes or until cooked through.



## 4. FINISH AND SERVE


Divide roast vegetables and beef patties among plates. Crumble over feta cheese and serve with lemon wedges.

 **VEG OPTION** – Divide quinoa and roast vegetables among plates. Crumble over feta cheese and serve with lemon wedges.



## 2. PREPARE THE PATTIES

Rinse and chop olives. Combine with beef mince, **1 tsp dried Italian herbs, salt and pepper**.

 **VEG OPTION** – Heat a saucepan over medium heat with 1 tbsp oil. Add quinoa kit and 2 cups water. Simmer, covered, for 15 minutes until water is absorbed.



## 3. COOK THE PATTIES

Heat a frypan over medium–high heat. Use wet hands to shape 1/4 cup size patties (or desired size patties) and add to pan. Cook for 4–5 minutes each side or until cooked through.

 **VEG OPTION** – Fluff quinoa with a fork and toss with roasted vegetables.

**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)

