



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Hummus


Hummus is a versatile dip – delicious and nutritious! It is made from cooked, mashed chickpeas typically blended with tahini, lemon juice, and garlic.



1 Lebanese Rissoles with Fattoush Salad

Super quick & easy! Middle Eastern style salad served with beef rissoles, toasted dukkah flatbreads and hummus!

 20 minutes

 2 servings


 Beef

25 January 2021

Warm it up!

Add some roasted baby carrots, beetroots or cauliflower to this dish to warm it up if you prefer!

FROM YOUR BOX

CHERRY TOMATOES	1 packet (200g)
LEBANESE CUCUMBER	1
GREEN CAPSICUM	1
BABY COS LETTUCE	1
BEEF RISSOLES (GF)	300g
LEBANESE FLATBREAD	1 packet
DUKKAH	1 packet (30g)
HUMMUS	1 tub
 FALAFELS	1 packet

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive oil, oil for cooking, salt, pepper, ground cumin, white wine vinegar

KEY UTENSILS

grill or frypan

NOTES

The flatbreads crisp up quicker if you place them straight on the racks in the oven instead of on a tray.

Serve the patties, hummus and salad ingredients in the wraps instead if you prefer!

No beef option – beef rissoles are replaced with chicken schnitzels. Increase cooking time if needed to ensure chicken is cooked through.

No gluten option – Lebanese flatbreads are replaced with GF flatbreads.



1. MAKE THE SALAD


Set oven to 220°C

Quarter or halve tomatoes. Chop cucumber, capsicum and lettuce. Dress with **1 tbsp olive oil, 1/2 tbsp vinegar, salt and pepper.**



4. FINISH AND SERVE


Serve rissoles with hummus, salad and flatbreads. Sprinkle over more dukkah to taste.

 **VEG OPTION** – Serve falafels with hummus, salad and flatbreads. Sprinkle over more dukkah to taste.



2. COOK THE RISSOLES

Heat a pan over medium heat. Rub rissoles with **oil** and **1/2 tsp cumin**, cook for 5 minutes on each side or until cooked through.

 **VEG OPTION** – Heat a frypan with oil over medium heat. Cook falafels for 6–8 minutes, turning, until warmed through.



3. CRISP THE BREADS

Rub each bread with **oil** and sprinkle with dukkah to taste. Cook in the oven for 3–5 minutes, or until crispy (see notes). Break into chards.

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**

