

SEE
NOTES FOR
VEGETARIAN
INSTRUCTIONS



Product Spotlight: Broccolini

Broccolini is often misidentified as young broccoli. It is actually a natural cross between broccoli and gai lan.



2 Beef Rissoles with Root Veggie Hash




A golden root vegetable hash of potato and carrot served with beef rissoles, a side of greens and creamy sauce.

25 minutes 2 servings Beef

29 October 2021

Hide the greens!
Not a fan of broccolini or green beans but know they're good for you? Slice them and add to the veggie hash to cook instead of having them on the side!

FROM YOUR BOX

POTATOES	2
CARROT	1
TINNED SLICED BEETROOT	225g
BROCCOLINI	1 bunch
BEEF RISSOLES 	300g
BÉARNAISE SAUCE/AIOLI	1 tub
 CHICKPEAS	1 packet
 FREE-RANGE EGGS	4

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil/butter for cooking, salt, pepper, dried herb (of choice), apple cider vinegar, sugar (of choice)

KEY UTENSILS


oven tray, frypan

NOTES

We used dried rosemary for the vegetable hash. You could also use chopped fresh rosemary.

The veggies can be cooked in a frypan with oil if they are diced smaller.

No beef option – beef rissoles are replaced with chicken tenderloins. 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. COOK THE VEGGIE HASH

Set oven to 220°C. Dice potatoes and carrot. Toss on a lined oven tray with 1 tsp dried herb, oil, salt and pepper. Roast for 20 minutes until cooked through (see notes).




2. PICKLE THE BEETROOT

Combine 2 tbsp vinegar, 1 tsp sugar and 1/4 tsp salt in a glass or ceramic bowl. Drain and add beetroot, toss to combine well. Set aside.



3. COOK THE GREENS


Trim broccolini. Add to a frypan over medium-high heat with 1/2 tbsp butter. Cook for 3–4 minutes until tender. Remove and set aside.

 **VEG OPTION** – Add chickpeas to frypan. Cook as above.



4. COOK THE RISSOLES


Coat rissoles with oil, salt and pepper (re-shape rissoles if needed). Cook in pan for 3–5 minutes each side until cooked through.

 **VEG OPTION** – Add oil to pan. Crack in eggs and cook to your liking.



5. FINISH AND SERVE

Serve rissoles with vegetable hash, pickled beetroot, sautéed greens and béarnaise sauce.

 **VEG OPTION** – Serve vegetable hash topped with eggs and pickled beetroot with sautéed greens and béarnaise sauce.

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