

SEE
NOTES FOR
VEGETARIAN
INSTRUCTIONS



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

 4 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

POTATOES	800g
PARSNIPS	2
BEEF MINCE 	600g
THYME	1/2 packet *
MUSHROOMS	250g
MUSHROOM SOUP	1 jar
SPRING ONIONS	1/4 bunch *
ROCKET LEAVES	1/2 bag (100g) *
 LEEK	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, large 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 parsnips. 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 2 tbsp thyme leaves, **salt and pepper**. Form 4 large rissoles using **oiled** hands (make smaller ones if you prefer!).

 **VEG OPTION** – Skip this step.



3. COOK THE RISSOLES


Heat a large 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 leek, quarter all mushrooms and add to pan as you go.**



4. ADD THE SAUCE

Pour in sauce (soup) 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) and simmer for 6-8 minutes.**




5. MAKE THE MASH

Drain potatoes, reserving roughly **1/3 cup cooking water** in the saucepan (see notes). Add **2-3 tbsp butter**, chopped spring onions and remaining thyme (leaves). 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**

