

BEEF AND BEETROOT RISsoles

This recipe is my go-to recipe if I have forgotten to defrost meat earlier and am pressed for time. The mince defrosts quickly in warm water, and I can whip up a batch in no time. An easy midweek Nutritional Balancing dinner. I make it with beef, lamb or sometimes chicken mince. Filled with protein, nutritious herbs and vegetables, even the kids will love them! No need to add any flour either.

Ingredients:

- 1 egg
- 1 large onion, finely chopped
- 2 garlic cloves, crushed
- Sea salt, large pinch
- Parsley, large handful finely chopped (and/or coriander, thyme, marjoram or any garden herbs you have)
- 500g beef or lamb mince (or chicken!)
- 3 medium beetroots, grated
- Nob of butter and splash of grapeseed oil/ other high smoke point oil

Method:

1. Crack the egg into a large mixing bowl. Whisk it briefly with a fork. Add the chopped onion, crushed garlic, sea salt and chopped parsley. Mix well.
2. Add the minced meat. Add the grated beetroot. Mix well with your clean hands.
3. Using the whole batch of mixture, make individual rissoles with a handful of the mixture at a time. Squeeze out any air in the ball, then place it on a plate and slightly flatten it with your palm. The smaller the rissoles, the quicker they will cook. Make them at your preferred size.
4. Place a nob of butter and a splash of grapeseed oil into a hot frying pan or BBQ. Once it is melted, fill the frying pan with rissoles, leaving a gap between each one.
5. Cook on medium heat for 4 minutes, and then flip. Cook on the other side for 4 minutes or until cooked in the center.
6. Once cooked, serve your rissoles with a hefty amount of steamed vegetables for an awesome Nutritional Balancing meal.

I love these rissoles with beetroot. I have just started using finely shredded cabbage instead of beetroot with some Chinese 5 Spice added in. Yummo! You can experiment with all sorts of vegetables and find what you love.

Enjoy!