



Rissoles

Recipe Information

Serves: 6-8

Time to make: 30 minutes

Method

1. Wash and grate all vegetables. Finely chop or crush garlic.
2. Add all ingredients except oil in a large bowl and mix until combined.
3. Roll mixture into 8 rissoles and place on a plate.
4. Cover rissoles with plastic wrap and put in the fridge for 10 minutes.
5. Heat oil in a frying pan and cook rissoles on each side for 5 minutes or until cooked.
6. Serve.



Favourite family feeds

Ingredients

500g mince

1 onion

2 zucchini

2 carrots

4 mushrooms

2 teaspoons/cloves garlic

1/2 cup wholemeal breadcrumbs

1-2 teaspoons oil

Method



1. Wash and grate all vegetables. Finely chop or crush garlic.



2. Mix all ingredients except vegetable oil.



3. Make mixture into 8 rissoles.



4. Cover with plastic wrap and put in the fridge for 10 minutes.



5. Heat oil in frying pan and cook on each side for 5 minutes or until cooked.



6. Serve.

Tips and Options

- Rissoles can be used to make burgers, or serve with mashed potato and salad.
- Double the recipe and freeze the rest for next meal.

...**Which Way**...
The good tucker way