



Mushroom & beef rissoles

Preparation: 20 minutes + 40 minutes cooking

Cooking: 22 minutes

Makes: 24

2 tbs olive oil
350g cup mushrooms, diced
1 medium brown onion,
finely chopped
400g beef mince
1 egg, lightly whisked
1 1/2 cups fresh breadcrumbs
1/4 cup finely chopped fresh flat-leaf parsley
1 tbs tomato paste
salt & ground black pepper, to taste
small squares toasted Turkish bread, to serve
rocket leaves, washed & dried, to serve

1. Heat 1 tbs oil in a large frying pan over high heat. Add the mushrooms & onion & cook, stirring occasionally, for 5 minutes or until the pan juices evaporate. Remove from heat & set aside to cool for 10 minutes.
2. Place the cooled mushroom mixture, beef mince, egg, breadcrumbs, parsley, tomato paste & salt & pepper into a large bowl. Mix well to combine.
3. Using 1 1/2 tbs beef mixture per rissole, shape the mixture into 24 small rissoles. Place the rissoles onto a tray, cover with plastic wrap & refrigerate for 30 minutes.
4. Grease a barbecue plate with the remaining oil & preheat on medium heat.
5. Place the rissoles onto the barbecue plate & cook, in 2 batches if necessary, for 4 minutes on each side or until cooked through. Remove & set aside to drain on paper towel.
6. To serve, place the rocket leaves onto small squares of toasted Turkish bread top with warm rissoles & serve immediately.

Variation: Replace the beef mince with lamb mince & add 1/3 cup roasted pine nuts & 1 tsp ground coriander to the rissole mixture with the breadcrumbs.