

SPEEDY LAMB, SPINACH & FETA RISSOLES

with Pita Bread Garden Salad





Bring the flavours of Greece to rissoles













Cucumber





Lamb Mince



Fine Breadcrumbs

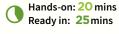


Rustic Herb Spice Blend





Dill & Parsley Mayonnaise



These simple rustic rissoles are packed with moisture and flavour from spinach and feta. They're the perfect little parcels of joy to be savoured with a simple Greek-style pita salad and a herbed mayonnaise.

Pantry Staples: Olive Oil. Egg, Vinegar (White Wine Or Red Wine)

· oven tray lined with baking paper · large frying pan



Terepred Preheat the oven to 200°C/180°C fan-forced. Slice the pita pockets (see ingredients list) into 2cm squares. Finely chop the garlic (see ingredients list). Pick and finely chop the parsley leaves. Finely chop 1/2 the baby spinach leaves (keep the remaining leaves whole). Finely chop the cucumber and tomato.



2 BAKE THE PITA
Spread the pita squares over the oven tray lined with baking paper. Drizzle with olive oil and season with a generous pinch of salt and pepper. Toss to coat, arrange in a single layer and bake for 5 minutes, or until golden and crispy. *TIP: Baking the pita squares in a single layer ensures they get crisp and cook evenly.



MAKE THE RISSOLES
While the pita squares are baking, combine the lamb mince, egg, fine breadcrumbs, rustic herb spice blend, the salt, garlic, parsley and chopped baby spinach in a medium bowl. Crumble in the feta and mix well. Using a spoon, form the lamb mixture into large meatballs and then flatten slightly to form 2cm thick rissoles. You should get 3-4 rissoles per person.



COOK THE RISSOLES

Heat a large frying pan over a mediumhigh heat with a drizzle of olive oil. Add the rissoles and cook for 4-5 minutes on each side, or until browned and cooked through.



MAKE THE GARDEN SALAD
While the rissoles are cooking, combine
the vinegar and olive oil (2 tsp for 2 people /
4 tsp for 4 people) in a medium bowl. Season
with a pinch of salt and pepper and mix well.
Add the cucumber, tomato, remaining baby
spinach and the pita squares and toss to
combine. *TIP: Toss the salad just before
serving to keep the leaves and pita bread crisp.



SERVE UPDivide the speedy lamb spinach and feta rissoles and pita bread garden salad between plates. Serve with the **dill & parsley mayonnaise**.

ENJOY!

INGREDIENTS

	t	t
	2P	4P
olive oil*	refer to method	refer to method
pita pockets	2	4
garlic	½ clove	1 clove
parsley	1 bunch	1 bunch
baby spinach leaves	1 bag (60 g)	1 bag (120 g)
cucumber	1	2
tomato	1	2
lamb mince	1 packet	1 packet
egg*	1	2
fine breadcrumbs	1 packet	2 packets
rustic herb spice blend	1 sachet	2 sachets
salt*	½ tsp	1 tsp
feta	1 block (50 g)	2 blocks (100 g)
vinegar* (white wine or red wine)	1 tsp	2 tsp
dill & parsley mayonnaise	1 tub (50 g)	1 tub (100 g)

^{*}Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2850kJ (681Cal)	617kJ (147Cal)
Protein (g)	45.9g	9.9g
Fat, total (g)	40.5g	8.8g
saturated (g)	10.4g	2.3g
Carbohydrate (g)	32.1g	7.0g
- sugars (g)	5.0g	1.1g
Sodium (g)	1150mg	250mg

For allergens and ingredient information, visit **HelloFresh.co.nz/recipes**

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