




### Product Spotlight: Beetroot


WA beets are dense with nutrients such as potassium, magnesium, folate and vitamin C and can help reduce blood pressure, improve circulation and are great for healthy eyes!



## Spiced Pork Skewers with Beetroot Tabbouleh

A beetroot, lentil and feta cheese tabbouleh with mint and orange, served with grilled pork mince koftas.

 30 minutes

 4 servings

 Pork

### Spice it up!

*You can add dukkah or toasted seeds to the salad if you have some. Add some crushed garlic to the pork mince for added flavour!*

Per serve: **PROTEIN** 48g **TOTAL FAT** 18g **CARBOHYDRATES** 39g

## FROM YOUR BOX

BEETROOTS	3
MINT	1 bunch
SPRING ONIONS	1 bunch
LEBANESE CUCUMBERS	2
ORANGE	1
FETA CHEESE	1 block
TINNED LENTILS	2 x 400g
PORK MINCE	500g

## FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, ground cumin, red wine vinegar, skewers (optional)

## KEY UTENSILS

large frypan, oven tray

## NOTES

You can peel the beetroots if preferred.

If you're not using skewers you can shape the pork into meatballs, koftas or patties.



### 1. ROAST THE BEETS

Set oven to 220°C.

Trim, scrub and wedge beetroots (see notes). Toss on a lined oven tray with **2 tsp cumin, oil, salt and pepper**. Roast for 20-25 minutes until tender.



### 2. PREPARE THE TABBOULEH

Slice mint leaves and spring onion green tops (reserve remaining for step 3). Dice cucumbers. Zest orange to yield 1 tsp, peel and dice the fruit. Crumble feta. Drain and rinse lentils. Add to a large bowl as you go.



### 3. PREPARE THE PORK

Finely slice reserved spring onions. Combine with pork mince and **2 tsp cumin, salt and pepper**. Use **oiled** hands to shape even amounts of mince onto 8 skewers (see notes).



### 4. COOK THE PORK

Heat a frypan over medium-high heat with **oil**. Cook pork skewers for 6-8 minutes turning or until cooked through.



### 5. FINISH THE TABBOULEH

Whisk together **1 tbsp vinegar and 2 tbsp olive oil**. Toss through tabbouleh along with roast beetroots. Season with **salt and pepper**.



### 6. FINISH AND PLATE

Divide beetroot tabbouleh and pork skewers among plates.



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