



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### 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!



## 3 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

 2 servings

 Pork

15 February 2021

## 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** 52g **TOTAL FAT** 30g **CARBOHYDRATES** 35g

## FROM YOUR BOX

BEETROOTS	2
MINT	1/2 bunch *
SPRING ONION	1
CONTINENTAL CUCUMBER	1/2 *
ORANGE	1
FETA CHEESE	1/2 block *
TINNED LENTILS	400g
PORK MINCE	300g

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, dried Italian herbs, 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.

**No pork option** – pork mince is replaced with **chicken mince**. Roll the mixture into even size meatballs using oiled hands as chicken mince can be tricky to shape into koftas.



### 1. ROAST THE BEETS

Set oven to 220°C.

Trim, scrub and wedge beetroots (see notes). Toss on a lined oven tray with **1 tsp cumin, oil, salt and pepper**. Roast for 20–25 minutes until tender.



### 2. PREPARE THE TABBOULEH

Slice mint leaves and green ends of spring onion (reserve white ends for pork). Dice cucumber. Zest orange to yield 1 tsp, peel and dice the fruit. Crumble feta. Toss together with drained lentils.



### 3. PREPARE THE PORK

Chop white ends of spring onion. Combine with pork mince and **1 tsp cumin, 1 tsp dried Italian herbs, salt and pepper**. Use oiled hands to shape even amounts of mince around 4 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 **1/2 tbsp vinegar** and **1 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.

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to [hello@dinnertwist.com.au](mailto:hello@dinnertwist.com.au)

