

X2



DINNER TWIST
LOCAL. HEALTHY. DELIVERED



Crumbed Beef Croquettes

Golden crumbed beef patties, paired with roasted sweet potato chips and a refreshing salsa of avocado, tomato, and cucumber.



35 minutes



2 servings



Beef

FROM YOUR BOX

SWEET POTATOES	400g
TOMATO	1
AVOCADO	1
LEBANESE CUCUMBER	1
BEEF MINCE	300g
PANKO CRUMBS	1 packet

FROM YOUR PANTRY

oil for cooking, salt and pepper

NOTES

Beat 1 egg to make an egg wash for coating the patties before crumbing. If you have leftover crumbs, repeat the process to use up both the egg wash and crumbs. This will create a thicker, crunchier coating.

No gluten option – panko crumbs are replaced with GF lupin crumb.

1. ROAST THE SWEET POTATOES

Set oven to 220°C. Cut **sweet potatoes** into chips or wedges. Toss on a lined oven tray with **oil, salt and pepper**. Roast in oven for 25–30 minutes until golden and cooked through.

TIP *Season sweet potatoes with 1/2 tsp smoked paprika or cumin for extra spice. For a herby flavour, use fresh chopped rosemary or dried oregano.*

2. MAKE THE SALSA

Dice **tomato, avocado** and **cucumber**. Toss together.

TIP *Add lime juice or 2 tsp red wine vinegar and olive oil for extra flavour.*

3. PREPARE THE BEEF CROQUETTES

Add seasonings of choice to **beef mince** (see tip). Divide and shape into 4 even size patties. Spread **panko crumbs** on a plate. Press patties onto crumb until coated on each side (see notes).

TIP *For a mild, herby flavour, add dried oregano, thyme, or rosemary with crushed garlic. For a BBQ flavour, mix in BBQ sauce, Cajun seasoning, or smoked paprika. Add diced cheese to the patties for a melty centre.*

4. COOK THE CROQUETTES

Heat a large frypan over medium heat and cover base with **oil**. Cook beef croquettes for 4–5 minutes each side until golden and cooked through.

TIP *Cook patties in batches and add more oil to pan as needed.*

4. FINISH AND SERVE

Serve beef croquettes with salsa and sweet potato chips.

TIP *Serve with a mayonnaise, aioli or BBQ sauce for dipping.*

This recipe has simplified instructions to help lower your meal cost.