



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Ricotta

Ricotta is a creamy curd. The curd is literally cooked twice hence the name "ricotta", meaning re-cooked. Ricotta cheese is low in fat and high in protein.



1 Italian Beef Patty with Ricotta

Grilled oregano beef patty served with tomato dressed barley, rocket leaves and a delicious ricotta basil dollop!

 20 minutes

 2 servings



 Beef

4 January 2021

Make rissoles

If you have a bit more time up your sleeve you can make rissoles or little meatballs instead! Delicious as part of a picnic style dinner!

FROM YOUR BOX

PEARL BARLEY	1 packet (100g)
BEEF MINCE 	300g
RICOTTA	1 tub (250g)
BASIL	1/2 bunch *
CHERRY TOMATOES	1/2 packet (100g) *
SUN-DRIED TOMATOES	1 jar
ROCKET LEAVES	1/2 bag (30g) *
 ARANCINI	1 packet

*Ingredient also used in another recipe

FROM YOUR PANTRY

olive oil, oil for cooking, salt, pepper, dried oregano

KEY UTENSILS


saucepan, grill/frypan or barbecue

NOTES

Use a pair of scissors to help chop the sun-dried tomatoes in the jar – quick and mess free!

No beef option – beef mince is replaced with chicken mince. Instead of forming patties with your hands you can dollop the chicken mixture straight into the frypan. We recommend a regular frypan to cook these.


No gluten option – pearl barley is replaced with white quinoa. Cook as per recipe instructions.

 **VEG OPTION – Ingredients are replaced with vegetarian alternatives – follow the cooking instructions as directed.**



1. COOK THE BARLEY


Place pearl barley in a saucepan and cover with water. Bring to the boil and simmer for 15 minutes or until tender. Drain and rinse in cold water.

 **VEG OPTION – Cook the barley as per instructions above and set oven to 220°C.**



2. MAKE & COOK THE PATTIES

Mix beef mince with 50g ricotta, **1/2 tsp oregano, salt and pepper**. Form 2 large patties using **oiled** hands. Cook in a frypan/barbecue over medium heat for 5 minutes on each side.

 **VEG OPTION – Place arancini on a lined tray. Bake in oven for 10–15 minutes or until warmed through and golden.**



3. MAKE THE TOMATO DRESSING

Slice basil leaves.

Quarter cherry tomatoes and place in a serving bowl along with chopped sun-dried tomatoes (see notes) along with oil from the jar, half of the basil, **salt and pepper**.



4. MAKE THE RICOTTA DOLLOP

Stir to combine remaining ricotta and basil leaves with **1 tsp oregano, salt, pepper and 1–2 tsp olive oil**.

 **VEG OPTION – Use the whole tub of ricotta for the dollop.**




5. TOSS IT ALL TOGETHER

Toss barley with tomato dressing. Adjust seasoning if needed.



6. FINISH AND SERVE

Serve beef patty with tomato barley, rocket and finish with a dollop of ricotta.

 **VEG OPTION – Serve Arancini with tomato barley, rocket and a dollop of ricotta.**

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

