



Beefy Boy Bonanza 1: Rissoles

Serves 4 - 6



Base recipe:

- 500g mince
- 200g tin kidney beans
- 1 carrot
- 1 garlic clove
- 1 small onion



Add ingredients:

- 1 egg
- 1 cup bread crumbs
- Toothpicks



Equipment:

- Grater, frypan, fork, bowl, spatula, teaspoon, tablespoon, chopping boards, knives

Recipe Tip:
Make smaller rissoles and stick with toothpicks, serve with dip.



Base recipe

1 Grate carrot, chop onion and crush garlic clove. Brown onion and garlic in lightly oiled frypan.



Base recipe

2 Mash kidney beans in a bowl.



3 Place browned onion, garlic, grated carrot, mashed beans, mince and egg into bowl. Mix together to combine.



4 Squeeze 1 tablespoon of mixture together in hands to make a ball.



5 Roll each ball in bread-crumbs. Place in oiled frypan and cook until brown on one side. Flip over and remove when meat is cooked through.