Dinner

Savoury Mince Rissoles with Carrot and Zucchini

Grated carrot, zucchini and fresh herbs are folded into well-seasoned mince, then shaped into small rissoles and cooked until golden. A simple, comforting dinner that comes together in minutes.



Gluten free | Dairy free

30 min	322	4.9 g	2.8 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 500 g lean chicken, turkey, or pork mince
- [ ] 1/2 small onion, finely chopped
- [ ] 1 small carrot, grated
- [ ] 1 small zucchini, grated
- [ ] 1/2 cup almond flour
- [ ] 1 small egg
- [ ] 2 tablespoons chopped fresh parsley or basil
- [ ] 1 clove garlic, crushed
- [ ] 1 teaspoon ground cumin
- [ ] 1 teaspoon smoked paprika
- [ ] Salt and pepper to taste
- [ ] 1 tablespoon olive oil (for frying or baking)

Method

- [ ] **1** Put the lean chicken, turkey, or pork mince into a large bowl with the finely chopped onion, grated carrot, grated zucchini, almond flour, egg, chopped fresh parsley or basil, crushed garlic, ground cumin, smoked paprika, and a pinch of salt and pepper, keeping the olive oil to one side for cooking.
- [ ] **2** Work everything together with your hands until the mixture is evenly combined.
- [ ] **3** Roll the mixture into 8 small rissoles and place them in the refrigerator until firm.
- [ ] **4** Heat the olive oil in a frying pan or barbecue over medium heat, then cook the rissoles for 4-5 minutes per side, until browned and cooked through, working in two batches if your pan is small.
- [ ] **5** Serve the rissoles hot with steamed veggies or a salad of your choice.

Nutrition Facts

Per serving

Calories	**322**
Total fat	20.3 g
Saturated fat	3.7 g
Sodium	117 mg
Total carbs	4.9 g
Fiber	Not listed
Total sugars	2.8 g
Protein	28.8 g

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