



Mini Mushroom & Beef Rissoles

Preparation: 20 minutes & 40 minutes cooling;
Cooking: 20 minutes; Makes: 24

2 tbs olive oil
350g cup mushrooms, diced
1 medium brown onion finely chopped
400g beef mince
1 egg, lightly whisked
1 1/2 cups fresh breadcrumbs
3/4 cup finely chopped flat-leaf parsley
1 tbs tomato paste
salt & ground black pepper, to taste
small squares toasted Turkish bread to serve
rocket leaves, washed and dried, to serve

1. Heat 1 tbs oil in a large frying pan over high heat. Add the mushrooms & onion & cook stirring occasionally, for 5 minutes or until the pan juices evaporate. Remove from heat and set aside to cool for 10 minutes.
2. Place the cooled mushroom mixture, beef mince, egg, breadcrumbs, parsley, tomato paste and salt and pepper into a large bowl. Mix well to combine.
3. Using 1 1/2 tbs beef mixture per rissole, shape the mixture into 24 small rissoles. Place the rissoles onto a tray, cover with plastic wrap and refrigerate for 30 minutes.
4. Grease a barbecue plate with the remaining oil and preheat on medium heat.
5. Place the rissoles onto the barbecue plate & cook in 2 batches if necessary, for 4 minutes on each side or until cooked through. Remove and set aside to drain on paper towel.
6. To serve, place the rocket leaves onto small squares of toasted Turkish bread top with warm rissoles and serve immediately.

Variation: Replace the beef mince with lamb mince and add 1/3 cup roasted pine nuts and 1 tsp ground coriander to the rissole mixture with the breadcrumbs.