

organic thai beef and lemongrass rissole

prep time 10min

cooking time 25min

makes 20



this recipe is free from gluten, dairy and nitrate free.

ingredients

1kg organic ground beef
1 cup mint
1 cup parsley
1 cup coriander
1 green chilli
¼ cup lemongrass, finely chopped (whites only)
4 tblsp garlic infused extra virgin olive oil
¼ cup lime juice
zest of one lime
2 tblsp salt

method

1. preheat oven to 180 degrees fan force
2. in a food processor or high speed blender, add in the mint, parsley, coriander, chilli, lemongrass, olive oil, lime juice and zest of the lime.
3. blend all of the ingredients together until you create a smooth paste. you may need to add a little bit of water to help it come together
4. in a large bowl, combine the beef, herb paste and salt
5. mix until all ingredients are well combine
6. on a lined baking sheet, roll out the rissole mixture into roughly 20 balls
7. place in the oven and bake for 20-25 minutes. you can also cook on a bbq or fry pan for 3 minutes per side or until golden brown
8. garnish with shredded coconut and more chilli. serve with a side of chopped fresh cucumber, mint and bean sprouts for a fresh summer lunch.

