

Aussie Rissoles

Ingredients

500g beef mince (*or a mix of beef & pork mince*)
1 small brown onion, grated or finely chopped
1 small carrot, grated (*optional for extra veg*)
½ cup fresh breadcrumbs or Weet-Bix crumbs
1 egg
2 tablespoons tomato sauce (*ketchup*)
1 tablespoon Worcestershire sauce
1 teaspoon dried mixed herbs (*or chopped fresh parsley*)
1 clove garlic, minced (*optional*)
Salt and cracked black pepper, to taste
Olive oil or butter, for frying

Step 1: Prepare the mixture

In a large mixing bowl, combine the beef mince, grated onion, grated carrot, breadcrumbs, egg, tomato sauce, Worcestershire sauce, dried herbs, minced garlic, salt, and pepper.

Using clean hands, mix until well combined, but avoid overworking to keep the rissoles tender.

Step 2: Shape the rissoles

Divide the mixture into 8–10 even portions, rolling each into a ball and flattening slightly to form patties about 1.5cm thick.

Place the shaped rissoles on a plate, cover, and refrigerate for at least 15–30 minutes to firm up. This helps them hold their shape during cooking.

Step 3: Cook the rissoles

Heat a large frying pan over medium heat and add a drizzle of olive oil or a knob of butter.

Cook the rissoles in batches for 4–5 minutes per side, or until golden brown and cooked through. Avoid overcrowding the pan to ensure even browning.