



Stuffed rissoles with cheese and guacamole dip

Ingredients:

2 shallots
 500 g minced beef
 1 egg
 1 tsp medium mustard
 1 tsp ketchup
 Salt and pepper
 50 g cheddar cheese
 8 slices of bacon
 2 ripe avocados
 1 garlic clove
 1 red chilli pepper
 1 tsp ground cumin
 2 tsp lime juice
 100 g cherry tomatoes
 2 spring onions

Accessories:

Induction wok
 Ceran hob
 Griddle

Preparation:

Peel and finely chop the shallots. Knead the mince with the egg, mustard, ketchup and shallots and season with salt and pepper.

Cut the cheese into cubes. Form balls from the mince and make a well in the middle. Press the cheese into the well, close and shape into rissoles. Wrap a slice of bacon around the rissole and fry on the grill.

Halve the avocados and remove the stone. Remove the flesh with a spoon and coarsely chop. Next, mash with a fork. Peel the garlic and chop finely. Wash the chilli, halve lengthwise and finely chop.

Season the avocado cream with chilli, cumin, garlic and lime juice. Quarter the cherry tomatoes and add to the avocado. Season with salt and pepper.

Slice the spring onions into thin rings and sprinkle over the plated rissoles.

Serve with tortilla chips and guacamole.

Notes:

Preparation time: approx. 30 mins / difficulty level: medium / calories p.p.: n/a

Powered by:



1897 g CO₂ per person

20 % MORE CO₂ than the average when preparing this recipe.

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