

# SymPLY TOO GOOD TO BE TRUE

## RIPPA RISSOLES

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**SERVES: 6**

1/2 cup raw brown rice

3/4 cup carrots grated

3/4 cup zucchini grated

1 small onion finely diced

500g very lean beef mince

1 teaspoon beef stock powder

2 tablespoons oyster sauce

1 sachet spring vegetable cup a soup  
(Continental®)

1 egg white

pepper to taste

cooking spray

Follow cooking instructions on rice packet. Rinse and drain well. Place vegetables in a large mixing bowl. Add all remaining ingredients including cooked rice to bowl and combine well. Use your hands to achieve a good consistency with rissoles. Shape into 12 patties. If time permits refrigerate rissoles for a few hours before cooking. Generously coat a large non-stick frypan with cooking spray, fry rissoles 3 to 5 minutes on each side or until cooked through and browned on both sides.

### VARIATIONS

REPLACE BEEF MINCE WITH EITHER LEAN CHICKEN MINCE, LEAN LAMB MINCE OR LEAN PORK MINCE.

### NUTRITIONAL INFORMATION

PER SERVE	BEEF	CHICKEN	LAMB	PORK
FAT	6.4g	7.4g	6.4g	6.5g
SATURATED	2.6g	2.1g	2.7g	2.3g
FIBRE	1.6g	1.6g	1.6g	1.6g
PROTEIN	19.7g	18.8g	19.8g	19.4g
CARBS	16.9g	16.9g	16.9g	16.9g
SUGAR	3.0g	3.0g	3.0g	3.0g
SODIUM	434mg	446mg	441mg	435mg
KILOJOULES	857(cals 204)	879(cals 209)	859(cals 204)	856(cals 204)
GI RATING	High	High	High	High



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