

Tastiest Rissoles Ever

Ingredients

- **750 g** lean beef mince
- **1** onion finely chopped large
- **1** carrot grated large
- **3** Weet-Bix crushed
- **1/4 cup** Sweet chilli sauce
- **1/4 cup** tomato sauce
- **2 tbs** barbecue sauce
- **1 tbs** Worcestershire sauce
- **1 tbs** soy sauce
- **1 tbs** fresh curly parsley
- **1/2 tsp** salt and pepper



Method

- **STEP 1** Cook onion in pan until soft and golden.
- **STEP 2** Add to mince and add remaining ingredients.
- **STEP 3** Using hands, mix well and form palm sized rissoles.
- **STEP 4** Flatten in pan to ensure even cooking.
- **STEP 5** Cook over medium heat.