



**APPETITE & THE WILD**  
Cook • Fish • Hunt



by MELISSA FROHLOFF

# Rissoles in onion gravy

## Ingredients

- 750g beef mince
- 1 cup fresh breadcrumbs
- 1 small brown onion, grated
- 2 garlic cloves, crushed
- 2 tbsp barbecue sauce
- 1 tbsp Worcestershire sauce
- 1 egg, lightly beaten
- 1 tbsp olive oil
- 1 potato, grated
- 1 carrot, grated
- Salt and pepper
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## Onion gravy

- 2 medium brown onions, halved, thinly sliced
- 100g rich gravy mix

## Method

1. Place mince, breadcrumbs, onion, garlic, sauces and egg in a large bowl. Season with salt and pepper. Mix well.

Roll mixture into eight balls.

Flatten slightly and place on a large plate. Cover. Refrigerate for 30 minutes.

2. Heat barbecue on medium heat. Cook rissoles on either side for five minutes or until cooked through. Transfer to a plate. Cover to keep warm.

3. Meanwhile, make onion gravy. Heat pan over medium heat. Add onion. Cook, stirring occasionally for five minutes or until golden brown. Combine one litre of water to gravy mix until free of lumps. Add to pan with onions until gravy thickens. Place rissoles in gravy and simmer for five minutes. Serve rissoles on a bed of mashed potatoes.

## Notes

What's heartier than rissoles and onion gravy for Australia Day!?

Prep time: 30 min | Cook time: 30 min | Serves 4