



MeatBALLS with Baked Rice

Juicy pork meatballs served with lemony baked rice and a crisp Greek style salad – a bright and easy weeknight meal.



30 Minutes



PORK



2 Servings

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FROM YOUR BOX

SHALLOT	1
LEMON	1
BASMATI RICE	150g
FETA CHEESE	200g
CHERRY TOMATOES	200g
LEBANESE CUCUMBER	1
GREEN CAPSICUM	1
PORK MEATBALLS	500g

FROM YOUR PANTRY

oil & butter for cooking, olive oil, salt, pepper, dried oregano, 1/2 stock cube

COOKING TOOLS

oven-proof frypan, frypan

Cook the meatballs on the BBQ for extra flavour, or try smashed meatballs on the grill for a fun twist.

Before you start cooking!

Wash your veggies and set out all ingredients, pans, chopping board and knife.



1. Saute the onion

Set oven to 220°C. Heat an oven proof frypan over medium heat with **olive oil**. Dice and add **shallot**. Cook for 3-5 minutes until softened. Add **1-2 tsp dried oregano**.

tip You can serve this dish with plain rice if you prefer.



2. ADD the Rice

Zest **1/3 lemon**. Add to pan with **juice from 1/4 lemon, rice, 1/2 crumbled stock cube** and **300ml water**. Cover, bring to a boil then reduce heat to medium. Simmer for 10 minutes until most the water has absorbed.



3. Bake the Rice

Dice **1/2 block feta**. Poke into the rice and place in the oven to bake for 10 minutes.

tip Transfer to an oven dish if your frypan is not ovenproof.



4. Make the GREEK SALAD

Halve or quarter **cherry tomatoes**. Dice **cucumbers, capsicum** and **remaining feta cheese**. Toss in a serving bowl.

tip Dress with olive oil and juice from 1/2 lemon. Keep veggies separate if kids prefer.



5. COOK the MeatBALLS

Heat a large frypan with **oil** over medium heat. Add **1/2 packet meatballs** and cook for 8-10 minutes, turning often, until browned and cooked through.

tip Cook all the meatballs for extra leftovers! We halved the meatballs to reduce the cooking time.



6. FINISH AND SERVE

Serve **baked rice** with **meatballs** and **Greek salad**. Cut any remaining **lemon** into wedges for squeezing.