DINNER TWIST
LOCAL, HEALTHY, DELIVERED

FOR the LiTTLe ONeS

CaPSiCUM & tomato

SLiCeD CUCUMBeR

RiCe & QUaRTeReD MeatBaLLS

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   🍴 4/6 ServingS

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1. Saute the Onion

Set oven to 220ºC. Heat an oven proof frypan over medium heat with **olive oil**. Dice and add **onion**. Cook for 3-5 minutes until softened. Add **2 tsp dried oregano.**
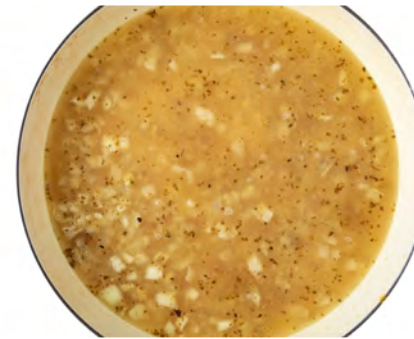
6P – add 1 tbsp dried oregano.

2. aDD the Rice

Zest **1/2 lemon**. Add to pan with **juice from 1/2 lemon, rice**, **crumbled stock cube** and **600ml water**. Cover, bring to a boil then reduce heat to medium. Simmer for 10 minutes until most the water has absorbed.

6P – use 900ml water and 1 1/2 stock cube for the rice.

3. Bake the Rice

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

6P – use 1 block feta for the rice.

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 **meatballs** and cook for 8–10 minutes, turning often, until browned and cooked through.

tip *We halved the meatballs towards the end of cooking to reduce the cooking time.*

6. Finish aND SeRve

Serve **baked rice** with **meatballs** and **Greek salad**. Cut any remaining **lemon** into wedges and scatter over chopped **parsley** to serve.