



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

How did the cooking go? Share your thoughts via **My Recipes** tab in your **Profile** and leave a review. **Something not right?** Text us on **0448 042 515** or email hello@dinnertwist.com.au

FROM YOUR BOX

	4 PERSON	6 PERSON
BROWN ONION	1	1
LEMON	1	1
BASMATI RICE	300g	300g + 150g
FETA CHEESE	200g	2 x 200g
CHERRY TOMATOES	2 x 200g	2 x 200g
LEBANESE CUCUMBER	2	3
GREEN CAPSICUM	1	2
PORK MEATBALLS	500g	2 x 500g
PARSLEY	1 packet	1 packet

FROM YOUR PANTRY

oil & butter for cooking, olive oil, salt, pepper, dried oregano, 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 **onion**. Cook for 3-5 minutes until softened. Add **2 tsp dried oregano**.

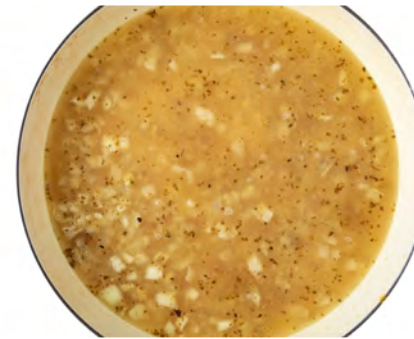
6P – add 1 tbsp dried oregano.



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.



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.



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.



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.



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.