




Product Spotlight: Polenta


Polenta is made from ground corn and is quite versatile. It can be used in sweet and savoury dishes and is gluten-free!



Paprika Meatballs on Polenta with Feta and Corn

Mildly spiced beef meatballs in a sweet tomato pan sauce served over polenta cooked with feta cheese and fresh corn. Finished with pickled onion and served alongside a ribbon salad.

 35 minutes

 2 servings

 Beef

Switch it up!

Instead of making meatballs you can cook the mince with the spice mix and some chopped tomatoes for a simple ragu to serve over the soft polenta! Top with feta, pickled onion and corn kernels.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	45g	28g	89g

FROM YOUR BOX

SHALLOT	1
LEBANESE CUCUMBER	1
CARROT	1
CORN COB	1
FETA	200g
BEEF MINCE	300g
PAPRIKA SPICE MIX	1 packet
TOMATO SAUCE	2 small jars
INSTANT POLENTA	125g

FROM YOUR PANTRY

oil + butter for cooking, salt, pepper, white wine vinegar, sugar

KEY UTENSILS

saucepan, large frypan

NOTES

Add 1-2 tbsp olive oil instead of butter to the polenta if preferred.

Paprika spice mix: ground paprika, garlic powder, onion powder, dried thyme, sea salt and black pepper.



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1. PICKLE THE SHALLOT

Bring **650ml water** to a simmer in a saucepan (for the polenta, step 5).

Thinly slice **shallot**. Combine 1/2 (reserve remaining) in a small bowl with **1 tbsp vinegar, 1/2 tbsp sugar and salt**.



2. PREPARE THE RIBBON SALAD

Ribbon **cucumber** and **carrot**. Set aside in a bowl.

Cut the **corn** kernels off the cob and and crumble **feta**, keep separate.



3. MAKE & COOK THE MEATBALLS

Combine **beef mince** with 3 tsp **spice mix**. Make large meatballs using a 1/4 cup measurement. Heat a large frypan with **oil** over medium-high heat. Add meatballs and cook for 10 minutes, turning occasionally until browned.



4. MAKE THE PAN SAUCE

Remove meatballs from pan and add the reserved sliced shallot. Cook for 1-2 minutes then stir in **tomato sauce**, remaining spice mix and **1/3 cup water**. Combine well, return meatballs and simmer covered for 5 minutes or until meatballs are cooked through.



5. COOK THE POLENTA

Gradually add **polenta** to simmering water. Cook over low heat, whisk until thickened. Take off heat, stir in **1-2 tbsp butter**, 1/2 the crumbed feta (use to taste) and corn kernels. Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Drain shallot.

Serve meatballs and sauce over polenta and top with pickled shallot, crumbled feta and any reserved corn. Serve ribbon salad on the side.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

