



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
	38g	24g	43g

FROM YOUR BOX

SHALLOT	1
LEBANESE CUCUMBER	1
CARROT	1
CORN COB	1
FETA	1 packet
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 the 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 **pickled shallot**.

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

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