



Product Spotlight: Abhi's Bakery

The sourdough rolls are baked fresh by Abhi's Bakery. Abhi's products have reached cult status over the last 20 years and are available to purchase across Perth and from our Marketplace.



Spanish Meatball Stew with Garlic Toasts

Beef meatballs in a rich tomato and capsicum stew with warm Spanish flavours finished with fresh parsley and served with crusty garlic bread.



30 minutes



2 servings



Beef

Make Meatball Subs!

You can fill the sourdough rolls with the meatballs and sauce instead to make subs! Add some cheese and toast them in the oven for an extra special dinner!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	32g	9g	0g

FROM YOUR BOX

BEEF MINCE	300g
GARLIC	2 cloves
BROWN ONION	1
RED CAPSICUM	1
SPANISH SPICE MIX	1 sachet
CHOPPED TOMATOES	400g
SOURDOUGH ROLLS	2-pack
PARSLEY	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried oregano, ground cumin, sugar (of choice)

KEY UTENSILS

large frypan, oven tray (optional)

NOTES

If you don't feel like turning on the oven, you can slice the bread and toast it on a griddle pan instead!

Switch olive oil for butter if desired.

You can use honey or maple syrup instead of sugar if preferred.

No gluten option - sourdough rolls are replaced with gluten-free bread.



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1. PREPARE THE MEATBALLS

Set oven to 220°C (see notes).

Heat a frypan over medium heat with **oil**. Combine beef with 1 crushed garlic clove, **1 tsp cumin, salt and pepper**.



2. BROWN THE MEATBALLS

Roll beef into 1 tbsp size meatballs, and add to pan as you go. Increase heat to medium-high. Cook for 6-8 minutes until browned. Remove to a plate and keep pan on heat.



3. SAUTÉ THE VEGETABLES

Add **2 tbsp oil** to pan. Dice onion and capsicum. Add to pan as you go along with Spanish spice mix. Cook for 5 minutes, stirring occasionally until softened.



4. SIMMER THE STEW

Pour in chopped tomatoes and **1/4 cup water**. Return meatballs to pan, cover and simmer for 10 minutes.



5. MAKE THE GARLIC BREAD

Crush remaining garlic. Mix with **1 tsp oregano** and **2 tbsp olive oil** (see notes). Slice bread 3/4 of the way and spoon garlic oil into the cuts. Place on a tray in the oven for 5 minutes.



6. FINISH AND SERVE

Season the stew with **1 tsp sugar** (see notes), **salt and pepper** to taste. Chop parsley and use to garnish. Serve with garlic bread.

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**

