



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



4 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
	36g	17g	75g

FROM YOUR BOX

RED ONION	1
LEBANESE CUCUMBERS	2
CARROTS	2
CORN COB	1
FETA	200g
BEEF MINCE	600g
PAPRIKA SPICE MIX	1 packet
TOMATO SAUCE	2 small jars
INSTANT POLENTA	250g

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.



1. PICKLE THE RED ONION

Bring **1.2L water** to a simmer in a saucepan (for the polenta, step 5).

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



2. PREPARE THE RIBBON SALAD

Ribbon **cucumbers** and **carrots**. 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 1 1/2 tbsp **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 onion. Cook for 3 minutes then stir in **tomato sauce**, remaining spice mix and **1/2 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 **30g butter**, 1/2 the crumbed feta and corn kernels. Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Drain red onion.

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



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