



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



4/6 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
4/6 Person:	44g	23g	44g

FROM YOUR BOX

	4 PERSON	6 PERSON
RED ONION	1	1
LEBANESE CUCUMBERS	2	3
CARROTS	2	3
CORN COB	1	2
FETA	1 packet	1 packet
BEEF MINCE	600g	600g + 300g
PAPRIKA SPICE MIX	1 packet	2 packets
TOMATO SAUCE	2 small jars	3 small jars
INSTANT POLENTA	250g	250g + 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 RED ONION

Bring **1.2L water** to the 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**.

6P - bring **1.9L water** to the simmer in a saucepan (for the polenta, step 5).



4. MAKE THE PAN SAUCE

Remove **meatballs** and add **remaining red onion**. Cook for 3 minutes, 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.

6P - add **3/4-1 cup water**.

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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**



2. PREPARE THE RIBBON SALAD

Ribbon **cucumbers** and **carrots**. Set aside in a bowl.

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



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**.



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.

6P - combine **beef mince** with **2 tbsp spice mix**.



6. FINISH AND SERVE

Drain **pickled 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.

