



Pork Kofta Tray Bake

with Green Olive Tapenade

Harissa veggie tray bake and cumin seed pork koftas served with homemade green olive tapenade.







Switch it up!

You can skip making the tapenade; serve the olives with the final dish and drizzle over some natural yoghurt.

TOTAL FAT CARBOHYDRATES

FROM YOUR BOX

SWEET POTATOES	400g
RED ONION	1
RED CAPSICUM	1
CHERRY TOMATOES	200g
HARISSA PASTE	1 sachet
PORK MINCE	300g
GREEN OLIVES	1 jar

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, cumin seeds, white wine vinegar

KEY UTENSILS

oven tray, small blender

NOTES

If desired serve with natural yoghurt or herbs such a mint, coriander or parsley.



1. PREPARE THE VEGETABLES

Set oven to 220°C.

Slice sweet potatoes and red onion. Slice capsicum. Add to a lined oven tray along with cherry tomatoes.



2. ROAST THE VEGETABLES

Coat vegetables with oil, harissa paste, salt and pepper. Roast for 12 minutes (see step 4).



3. MAKE THE KOFTAS

Combine pork mince with 2 tsp cumin seeds, salt and pepper. Mix well to combine. Form into 6 koftas.



4. ROAST THE KOFTAS

Remove vegetable tray from oven. Arrange koftas on top of vegetables. Roast for a further 10-15 minutes until koftas are cooked through.



5. MAKE THE OLIVE TAPENADE

Drain olives and blend together with 1/2 tbsp vinegar and 3 tbsp olive oil to desired consistency. Season to taste with salt and pepper.



6. FINISH AND SERVE

Serve tray bake tableside with olive tapenade (see notes).



