



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



## Product Spotlight: Quinoa

Quinoa is gluten-free, high protein, and one of the only plant foods that contain all nine essential amino acids.



## G2 Pork Meatball Peperonata with Quinoa

Meatballs made from free-range pork mince, served in a luscious tomato and capsicum based peperonata sauce with white quinoa.

 30 minutes

 2 servings

 Pork

1 April 2022

## Speed it up!

*If you are looking to speed up this meal, you can skip making the meatballs and simply brown off the pork mince in the frypan, then continue making peperonata with mince in the pan.*

Per serve: **PROTEIN** 46g **TOTAL FAT** 13g **CARBOHYDRATES** 65g

## FROM YOUR BOX

WHITE QUINOA	1 packet (100g)
PORK MINCE	300g
GARLIC CLOVE	1
BROWN ONION	1
RED CAPSICUM	1
GREEN CAPSICUM	1
TOMATO PASSATA	1 jar

## FROM YOUR PANTRY

oil for cooking, salt, pepper, fennel seeds, red wine vinegar

## KEY UTENSILS

large frypan, saucepan

## NOTES

Instead of serving the meatballs and peperonata with quinoa, you can buy some bread rolls and turn this dish into meatball subs. You could also serve it with cooked pasta instead of quinoa.

Make the meatballs to any size you prefer. You can also add in extra flavours such as a finely chopped fresh parsley or rosemary, dried Italian herbs, grated parmesan cheese, or dried chilli flakes.



### 1. COOK THE QUINOA

Place quinoa (see notes) in a saucepan and cover with plenty of water. Bring to the boil and simmer for 10–15 minutes or until tender. Drain and rinse.



### 2. MAKE THE MEATBALLS

Add pork mince to a bowl and season with **1 tsp fennel seeds, salt and pepper**. Mix to combine. Form into 4 large (see notes) meatballs. Heat large a frypan over medium-high heat. Add meatballs to pan and cook to brown all over. Remove from pan and keep pan over heat.



### 3. ADD THE VEGETABLES

Crush garlic clove and add to pan. Slice onion and capsicums. Add to pan as you go. Cook, stirring, for 4 minutes.



### 4. SIMMER THE PEPERONATA

Pour passata and **1 tbsp vinegar** into pan. Return meatballs to pan. Simmer, semi-covered, for 10 minutes. Season with **salt and pepper**.



### 5. FINISH AND SERVE

Divide quinoa among bowls. Top with meatballs and peperonata.

**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](mailto:hello@dinnertwist.com.au)

