




### Product Spotlight: Walnuts


Walnuts are high in antioxidants with research suggesting a benefit in reducing the risk of some cancers, heart disease and diabetes. Resist the urge to remove the skin; that's where 90% of the antioxidants are!



## Pork Meatballs in l'Orange Sauce

Fennel seed pork meatballs cooked in a homemade l'Orange sauce served with a rainbow of roasted root vegetables tossed with fresh rocket leaves and walnuts.

 35 mins

 2 servings

 Pork

25 August 2023

## Speed it up!

*If you don't want to make the meatballs, sauté the pork mince with fennel seeds for 3-5 minutes, then add sauce ingredients and cook according to instructions.*

Per serve: **PROTEIN** 57g **TOTAL FAT** 30g **CARBOHYDRATES** 39g



## FROM YOUR BOX

BEETROOT	1
FENNEL	1
PARSNIP	1
CARROT	1
PORK MINCE	500g
ORANGE	1
AGAVE DRESSING	1 sachet
WALNUTS	1 packet
ROCKET LEAVES	1 bag (60g)

## FROM YOUR PANTRY

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

## KEY UTENSILS

large frypan with lid, oven tray

## NOTES

Cut beetroot into thin wedges so it cooks in the same amount of time as your carrot.

If you want to bulk up your meatballs, add 1/2 cup breadcrumbs, 1 finely diced shallot, 2 crushed garlic cloves and 1 egg.

You can toast the walnuts on the oven tray with your vegetables for 5–8 minutes for extra flavour.



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### 1. ROAST THE VEGETABLES

Set oven to 220°C.

Wedge beetroot (see notes) and fennel (reserve any fronds for garnish). Cut parsnip and carrot into angular pieces. Toss on a lined oven tray with **oil**, **1 1/2 tbsp cumin**, **salt and pepper**. Roast for 20–25 minutes until tender.



### 4. MAKE L'ORANGE SAUCE

Reduce heat to medium-low. Juice orange. Add to reserved frypan along with agave dressing, **3 tbsp water**, **salt and pepper**. Whisk to combine. Return meatballs to pan and cook, semi-covered, for 4–6 minutes until sauce is thickened and meatballs are cooked through.



### 2. MAKE THE MEATBALLS

Add pork mince to a bowl along with **1 1/2 tsp fennel seeds**, **salt and pepper** (see notes). Use oiled or wet hands to form 1 tbsp sized balls.



### 5. TOSS THE VEGETABLES

Roughly chop the walnuts (see notes). Add to a large bowl along with roasted vegetables, rocket and **3 tsp vinegar**. Toss to combine.



### 3. COOK THE MEATBALLS

Heat a frypan over medium-high heat with **oil**. Add meatballs and cook for 8 minutes until browned. Remove to a plate and keep pan over heat (see step 4).



### 6. FINISH AND SERVE

Divide vegetables and meatballs among plates. Spoon over any extra sauce from the pan.

**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**

