



**Product Spotlight:
Red Apple**

It is best to leave the skin on when eating apples and pears. Their skin contains an abundance of beneficial nutrients!



Rosemary Pork Meatballs

with Roasted Root Vegetables

Pork meatballs cooked with dried rosemary and served with a rainbow of roasted vegetables, fresh red apple and a drizzle of honey mustard dressing.

 30 minutes

 2 servings

 Pork

3 March 2023

Less dishes!

Add the pork meatballs on top of the vegetables and roast them in the oven instead of cooking them in a frypan.

| Per serve: | PROTEIN | TOTAL FAT | CARBOHYDRATES |
|------------|---------|-----------|---------------|
| | 37g | 14g | 48g |

FROM YOUR BOX

| | |
|------------------|----------|
| PARSNIP | 1 |
| BEETROOT | 1 |
| BROCCOLI | 1 |
| DUTCH CARROTS | 1 bunch |
| BAVARIAN MUSTARD | 1 jar |
| PORK MINCE | 300g |
| RED APPLE | 1 |
| DILL | 1 packet |

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, honey, dried rosemary, apple cider vinegar

KEY UTENSILS

large frypan, oven tray

NOTES

Use 2 oven trays if yours are on the smaller side. Wedge the apple and add to oven tray if desired.



1. ROAST THE VEGETABLES

Set oven to 220°C.

Dice parsnip and thinly wedge beetroot. Cut broccoli into florets. Trim and scrub carrots. Toss on a lined oven tray (see notes) with **oil, salt and pepper**. Roast for 20–25 minutes until tender.



4. COOK THE MEATBALLS

Heat a frypan over medium heat with **oil**. Add meatballs to pan. Cook for 6–8 minutes, or until cooked through.



2. MAKE MUSTARD DRESSING

Add mustard to a bowl along with **2 tsp vinegar, 1 tbsp water, 1 tbsp olive oil** and **1/2 tsp honey**. Season with **salt and pepper**. Whisk to combine.



5. PREPARE FRESH ELEMENTS

Slice apple. Roughly chop dill fronds and any tender stems.



3. MAKE THE MEATBALLS

Combine pork mince with **2 tsp rosemary, salt and pepper**. Roll into tablespoon size meatballs.



6. FINISH AND SERVE

Divide roasted vegetables among plates along with meatballs and fresh elements. Drizzle over mustard dressing.

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**

