



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

 4 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	TOTAL FAT	CARBOHYDRATES
	32g	25g	33g

FROM YOUR BOX

BETROOTS	2
FENNEL	1
PARSNIPS	3
CARROTS	3
PORK MINCE	500g
ORANGE	1
AGAVE DRESSING	2 sachets
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 beetroots into thin wedges so they cook in the same amount of time as your carrots.

If you want to bulk out 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 beetroots (see notes) and fennel (reserve any fronds for garnish). Cut parsnips and carrots into angular pieces. Toss on a lined oven tray with **oil, 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 **1 tbsp 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**

