

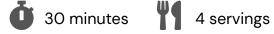




Rosemary Pork Meatballs

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.







Less dishes!

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

TOTAL FAT CARBOHYDRATES

36g 42g

FROM YOUR BOX

PARSNIPS	3
BEETROOTS	3
BROCCOLI	1
DUTCH CARROTS	1 bunch
BAVARIAN MUSTARD	2 jars
PORK MINCE	600g
RED APPLES	2
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 apples and add to oven tray if desired.



1. ROAST THE VEGETABLES

Set oven to 220°C.

Dice parsnips and thinly wedge beetroots. Cut broccoli into florets. Trim and scrub carrots. Toss on a lined oven trav (see notes) with oil, salt and pepper. Roast for 20-25 minutes until tender.



2. MAKE MUSTARD DRESSING

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



3. MAKE THE MEATBALLS

Combine pork mince with 1 tbsp rosemary, salt and pepper. Roll into tablespoon size meatballs.



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.



5. PREPARE FRESH ELEMENTS

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



6. FINISH AND SERVE

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



