



**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

4 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
	36g	14g	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 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 **1 tbsp vinegar, 2 tbsp water, 2 tbsp olive oil** and **1 tsp honey**. Season with **salt and pepper**. Whisk to combine.



### 5. PREPARE FRESH ELEMENTS

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



### 3. MAKE THE MEATBALLS

Combine pork mince with **1 tbsp 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**

