



Product Spotlight: Feta Cheese

Feta is one of the world's oldest cheeses- dating back over 8,000 years! Ours is a creamy Australian version made with cow's milk, delivering that same tangy punch in every bite.



Shakshuka Style Meatballs with Sourdough Rolls

Juicy pork meatballs simmered in a rich tomato and capsicum sauce, mildly spiced with Ras el Hanout and topped with creamy feta. Served with warm sourdough for an easy one-pan dinner.



30 minutes



2 servings



Pork

Meatball Bake

Swap out the spice mix with paprika, garlic and herbs of choice for a more traditional flavour. Scatter over feta and finish in the oven for a yummy meatball bake! Serve with garlic bread.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	69g	67g	71g

FROM YOUR BOX

PORK MINCE	500g
RAS EL HANOUT SPICE MIX	1 packet
BROWN ONION	1
RED CAPSICUM	1
CHOPPED TOMATOES	400g
SOURDOUGH ROLLS	2-pack
FETA CHEESE	1 packet
PARSLEY	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

large frypan with lid, oven tray

NOTES

Add some crushed garlic to the sauce for extra flavour. You could add zucchini, spinach or chickpeas to bulk it up and add variety to the dish!

No gluten option - bread is replaced with GF bread.

Ras el Hanout spice mix: ground cumin, coriander, paprika, turmeric, allspice, coconut sugar.



1. BROWN THE MEATBALLS

Set oven to 180°C (for the bread, optional). Season **pork mince** with **1/2 tbsp spice mix, salt and pepper**. Form into meatballs using a 1 tbsp measure. Heat a frypan with **oil** over medium-high heat. Add meatballs and cook until browned all around.



4. WARM THE BREAD

Meanwhile, warm the **sourdough rolls** in the oven for 5 minutes (optional).



2. ADD THE VEGETABLES

Dice **onion** and slice **capsicum**. Add to pan with remaining **spice mix**. Cook for 3-4 minutes or until softened.



5. PREPARE THE GARNISH

Crumble the **feta cheese** and chop **parsley**.



3. SIMMER THE SAUCE

Stir in **chopped tomatoes** and **1/2 tin water**. Simmer, semi-covered, 10-15 minutes or until slightly reduced.



6. FINISH AND SERVE

Season the shakshuka **meatballs** with **salt and pepper** to taste (see notes).

Serve topped with **feta cheese** and **parsley** at the table.



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