



Product Spotlight: Feta Cheese

Feta cheese is lower in calories and fat than many other cheeses and is a good source of protein, riboflavin, vitamin B12, calcium and phosphorus.



Meatball Shakshuka

Quick & easy one-pan with meatballs cooked in a Moroccan and tomato sauce, topped with feta and served with crusty bread.



25 minutes



2 servings



Pork

Meatball Bake

Swap out the Moroccan 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!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	78g	36g	70g

FROM YOUR BOX

PORK MINCE	500g
BROWN ONION	1
RED CAPSICUM	1
TOMATO	1
TOMATO PASSATA	1 jar
MOROCCAN SPICE MIX	1 packet
SOYDOUGH ROLLS	2-pack
FETA CHEESE	1 packet
PARSLEY	1 bunch

FROM YOUR PANTRY

oil for cooking, salt, pepper, honey

KEY UTENSILS

large frypan with lid

NOTES

Cook the meatballs and serve them separate to the sauce if kids prefer!

No gluten option - bread is replaced with GF bread.

Moroccan spice mix: ground cumin, coriander, paprika, turmeric, cinnamon, allspice



Scan the QR code to
submit a Google review!



1. BROWN THE MEATBALLS

Set oven to 180°C (to warm the bread, optional).

Season mince with **salt and pepper**. Form into approximately 20 meatballs using a 1 tbsp measure. Heat a frypan with **oil** over medium-high heat. Add meatballs and cook until browned all around (see notes).



4. WARM THE BREAD

Warm the sourdough rolls in the oven for 5 minutes (optional).



2. ADD THE VEGETABLES

Dice onion, capsicum and tomato. Add to pan as you go with extra **oil**. Cook for 5 minutes or until softened.



5. PREPARE THE GARNISH

Crumble the feta cheese and chop parsley.



3. SIMMER THE SAUCE

Pour in the passata along with **1 cup water** and moroccan spice mix. Simmer for 6-8 minutes. Season with **1 tsp honey, salt and pepper**.



6. FINISH AND SERVE

Serve the meatball shakshuka at the table with warm bread. Top with feta cheese and parsley.

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**

