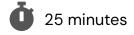**DINNER TWIST**
LOCAL, HEALTHY, DELIVERED

Meatball Shakshuka

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

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!

🕐 25 minutes   🍴 2 servings   🍗 Pork

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

1. BROWN THE MEATBALLS

Set oven to 180ºC (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).

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.

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**.

4. WARM THE BREAD

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

5. PREPARE THE GARNISH

Crumble the feta cheese and chop parsley.

6. FINISH AND SERVE

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