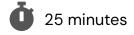






# Meatball Shakshuka

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





2 servings



# 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!

PROTEIN TOTAL FAT CARBOHYDRATES

70g

### **FROM YOUR BOX**

PORK MINCE	500g
BROWN ONION	1
RED CAPSICUM	1
ТОМАТО	1
TOMATO PASSATA	1 jar
MOROCCAN SPICE MIX	1 packet
SOURDOUGH 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





### 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.



### 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.



# 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.

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



