DINNER TWIST
LOCAL, HEALTHY, DELIVERED

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.
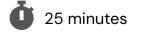
Meatball Shakshuka

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

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 🍴 4 servings 🍖 Pork

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	42g	19g	56g

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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 and capsicum, and halve tomatoes. 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.

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**