



### 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



4 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
	42g	19g	56g

## FROM YOUR BOX

PORK MINCE	500g
BROWN ONION	1
RED CAPSICUM	1
CHERRY TOMATOES	200g
TOMATO PASSATA	1 jar
MOROCCAN SPICE MIX	1 packet
SOYDOUGH ROLLS	4-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.*



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### 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 and capsicum, and halve tomatoes. 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.

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