




### Product Spotlight: Capsicum

Capsicum is an excellent source of vitamin C needed for tissue growth and repair all over your body. It also helps the body produce collagen, which gives our skin strength and elasticity.




## Pork Meatball Peperonata

Juicy fennel-seasoned pork meatballs simmered in a vibrant peperonata sauce of sweet capsicums, onion, garlic and tomato passata, served over nutty brown rice and finished with fresh parsley.

 30 minutes

 Pork

 2 servings

### Speed it up!

*If you are looking to speed up this meal, you can skip making the meatballs and simply brown off the pork mince in the frypan, then continue making peperonata with mince in the pan.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	60g	32g	79g

## FROM YOUR BOX

BROWN RICE	150g
BROWN ONION	1
RED CAPSICUM	1
YELLOW CAPSICUM	1
PORK MINCE	500g
GARLIC CLOVE	1
PAPRIKA HERB SPICE MIX	1 packet
TOMATO PASSATA	1 jar
PARSLEY	1 packet

## FROM YOUR PANTRY

oil for cooking, salt, pepper, fennel seeds, balsamic vinegar

## KEY UTENSILS

large frypan, saucepan

## NOTES

Make the meatballs to any size you prefer. You can also add in extra flavours such as a finely chopped fresh parsley or rosemary, dried Italian herbs, grated parmesan cheese, or dried chilli flakes.



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### 1. COOK THE RICE

Place **rice** in a saucepan and cover with water. Bring to a boil and simmer for 20 minutes, or until tender. Drain and rinse.



### 2. PREPARE THE INGREDIENTS

Slice **onion** and **capsicums**. Crush **garlic**. Season **pork** with **2 tsp fennel seeds, salt and pepper** (see notes). Mix to combine and form into **12 meatballs** and set aside.



### 3. COOK THE MEATBALLS

Heat large a frypan over medium-high heat with **oil**. Add **meatballs** and cook for 6-9 minutes, or until brown all over. Remove from pan and keep pan over heat.



### 4. SAUTÉ THE VEGETABLES

Add extra **oil** to pan. Add **onion, garlic** and **capsicum**. Sauté for 4-6 minutes until **onion** has softened and **capsicums** begin to brown.



### 5. SIMMER THE PEPPERONATA

Add **spice mix** and **passata** to pan, and return **meatballs**. Simmer, semi-covered, for 10 minutes. Adjust seasoning with **salt, pepper and vinegar (we used 1 tbsp)**.



### 6. FINISH AND SERVE

Finley chop **parsley** (including tender stems).

Divide **rice** among shallow bowls. Top with **pork meatballs** and **peperonata**. Garnish with **parsley**.

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