



Product Spotlight: Quinoa

Quinoa is a superfood seed; cooked like rice. It is mineral-rich, gluten-free and classed as a complete protein because it has all nine essential amino acids. Protein plays a crucial role in our bodies, and amino acids are its building blocks.



Pork Meatball Peperonata with Quinoa

Meatballs made from free-range pork mince, served in a luscious tomato and capsicum based peperonata sauce with white quinoa.



30 minutes



4 servings



Pork

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
	38g	9g	50g

FROM YOUR BOX

WHITE QUINOA	200g
PORK MINCE	500g
GARLIC CLOVES	2
BROWN ONION	1
RED CAPSICUM	1
GREEN CAPSICUM	1
ZUCCHINI	1
PAPRIKA HERB MIX	1 tub
TOMATO PASSATA	1 jar

FROM YOUR PANTRY

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

KEY UTENSILS

saucepan, large frypan

NOTES

Drain quinoa for a minimum of 5 minutes or press down in a sieve to squeeze out excess liquid.

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.

Paprika Herb Mix: ground paprika, garlic powder, onion powder, dried thyme, sea salt, cracked black pepper.



1. COOK THE QUINOA

Place quinoa in a saucepan and cover with plenty of water. Bring to a boil and simmer for 10–15 minutes or until tender. Drain and rinse (see notes).



2. MAKE THE MEATBALLS

Add pork mince to a bowl and season with **2 tsp fennel seeds, salt and pepper**. Mix to combine. Form into 8 large meatballs (see notes). Heat large a frypan with **oil** over medium-high heat. Add meatballs to pan and cook to brown all over. Remove from pan and keep pan over heat.



3. ADD THE VEGETABLES

Crush garlic cloves and add to pan. Slice onion, capsicums and zucchini. Add to pan as you go. Cook, stirring, for 3–5 minutes. Stir in paprika herb mix.



4. SIMMER THE PEPERONATA

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



5. FINISH AND SERVE

Divide quinoa among bowls. Top with meatballs and peperonata to serve.

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**

