




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

 4/6 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
4/6 Person:	39g/49g	18g/26g	76g/85g

FROM YOUR BOX

	4 PERSON	6 PERSON
BROWN RICE	300g	300g + 150g
BROWN ONION	1	2
RED CAPSICUM	1	2
YELLOW CAPSICUM	1	2
GREEN CAPSICUM	1	2
PORK MINCE	500g	2x 500g
GARLIC CLOVES	2	3
PAPRIKA HERB SPICE MIX	1 packet	2 packets
TOMATO PASSATA	1 jar	1 jar
PARSLEY	1 packet	2 packets

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.

6P - season pork with **1 tbsp fennel seeds**. Form into **24 meatballs**.



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)**.

6P - add **spice mix, passata and 1/2 cup water** to the pan.



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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