



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### PRODUCT SPOTLIGHT: POLENTA

Technically, polenta is a dish, not an ingredient. It's made by boiling cornmeal to a porridge-like consistency. It's high in fibre and vitamin A and C, among others.



## 4. PORK MEATBALLS WITH CHEESY POLENTA

 30 Minutes

 4 Servings

Spaghetti & meatballs? Go home! Tonight, we're enjoying pork meatballs with cheesy polenta and broccoli and we can't get enough.

## FROM YOUR BOX

PORK MEATBALLS	1 packet (500g)
BROWN ONION	1
FENNEL	1
CARROT	1
SAGE	1 packet
PASTA SAUCE	1 jar (500g)
BROCCOLI	1
INSTANT POLENTA	1 tub (250g)
GRATED CHEDDAR CHEESE	1/2 packet (100g) *

\* Ingredient also used in another recipe

## FROM YOUR PANTRY

olive/butter + oil for cooking, salt, pepper, dried oregano, balsamic vinegar

## KEY UTENSILS

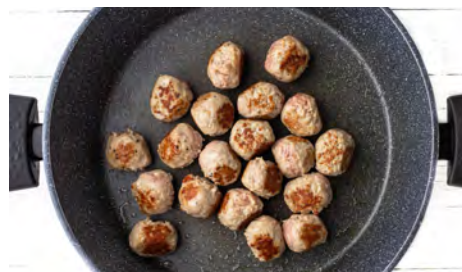
saucepan, large frypan

## NOTES

You may instead grate the carrot and finely dice the fennel for a less chunky tomato sauce. If you're not keen on cooked fennel, use it as a salad; simply slice it finely and dress with olive oil, vinegar, salt and pepper.

Save the broccoli stem and use it finely chopped in a stir-fry, salad, soup or stew.

**No pork option - pork meatballs are replaced with chicken meatballs.**



### 1. BROWN THE MEATBALLS

Bring 1.3 litres of water to a simmer in a saucepan.

Heat a large frypan with **oil** over medium-high heat. Add meatballs and cook for 5-6 minutes until browned. Remove from pan.



### 2. SAUTÉ THE VEGETABLES

Dice and add onion to pan with extra **oil** if needed. Cook for 4-5 minutes. Halve and slice fennel and carrot (see notes). Roughly chop sage. Add all to pan and cook for 3-4 minutes until tender.



### 3. SIMMER THE SAUCE

Add the jar of sauce, **1/2 jar water** and **1 tbsp balsamic vinegar**. Bring to a simmer, return meatballs, and cook semi-covered for 10 minutes. Season with **salt and pepper**.



### 4. COOK THE BROCCOLI

Cut broccoli into florets and place into simmering water for 3-4 minutes (see notes). Remove with a slotted spoon, reserving the water.



### 5. COOK THE POLENTA

Add **1 tsp oregano** to water, then gradually whisk in polenta. Cook over low heat, stirring continuously, until thickened. Remove from heat, stir in **2 tbsp butter/olive oil** and grated cheese. Season with **salt and pepper**.



### 6. FINISH AND PLATE

Divide polenta among bowls and top with meatballs. Serve broccoli on the side.

How did the cooking go? We'd love to know - help us by sharing your thoughts!  
Want to chat? Call us Mon-Tue 8.30am-6.00pm, Wed-Fri 8.30am-4.00pm on 1300 135 660 or text us anytime on 0481 072 599.

