



Spanish Pork Meatballs

Juicy pork meatballs simmered in a smoky tomato and capsicum sauce, served with crusty ciabatta for dipping.



30 minutes



Pork



2 servings

FROM YOUR BOX

| | |
|---------------|----------|
| PORK MINCE | 500g |
| ROSEMARY | 1 sprig |
| BROWN ONION | 1 |
| CARROT | 1 |
| RED CAPSICUM | 1 |
| TOMATOES | 2 |
| TOMATO PASTE | 1 sachet |
| CIABATTA LOAF | 1 |

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, smoked paprika, ground turmeric

NOTES

You can add mushrooms, green beans or zucchini to bulk up the stew.

No gluten option – Ciabatta loaf is replaced with GF Turkish bread. Toast and slice to serve.

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1. COOK THE MEATBALLS

Combine **pork mince** with **chopped rosemary leaves, salt and pepper**. Roll into even size **meatballs**. Heat a large frypan over medium-high heat with **oil**. Add **meatballs** and cook for 5 minutes turning until sealed. Set aside.

TIP *You can add crushed garlic or ground cumin for flavour. Use wet hands and 1 tbsp measure to shape the meatballs. If making larger meatballs, increase the cook time accordingly.*

2. SAUTÉ THE VEGETABLES

Dice **onion** and slice **carrot**. Add to a large frypan over medium-high heat with **olive oil**. Cook for 5 minutes until softened. Slice **capsicum** and dice **tomato**. Add to pan along with **1 tbsp smoked paprika** and **1 tsp turmeric** (see tip). Cook for 2 minutes until fragrant.

TIP *Use a blend of smoked and sweet paprika for more depth of flavour.*

3. SIMMER THE STEW

Stir in **tomato paste** and **1 cup water**. Simmer for 5 minutes. Return **pork meatballs** to pan and simmer for a further 5 minutes until cooked through. Stir in **1 tbsp olive oil**, season with **salt and pepper to taste**.

TIP *Add some olives for a salty kick.*

4. FINISH AND SERVE

Slice **ciabatta loaf** (toast if preferred) and serve with **pork meatball stew**.

TIP *Garnish the dish with some fresh chopped parsley if you have some.*

This recipe has simplified instructions to help lower your meal cost.