



## Spanish Pork Meatballs

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



30 minutes



Pork



4/6 servings

## FROM YOUR BOX

	4 PERSON	6 PERSON
PORK MINCE	500g	2 x 500g
ROSEMARY	1 sprig	1 sprig
BROWN ONION	1	1
CARROTS	2	2
RED CAPSICUM	1	1
TOMATOES	2	3
TOMATO PASTE	1 sachet	2 sachets
TINNED CHICKPEAS	400g	400g
CIABATTA LOAF	1	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 **carrots**. Add to a large frypan over medium-high heat with **olive oil**. Cook for 5 minutes until softened. Slice **capsicum** and dice **tomatoes**. Add to pan along with **1 tbsp smoked paprika and 1 tsp turmeric** (see tip). Cook for 2 minutes until fragrant.

**6P** – use **1 1/2 tbsp smoked paprika and 1 1/2 tsp turmeric**.

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

## 3. SIMMER THE STEW

Stir in **tomato paste, chickpeas** (including water from tin) and **1/2 tin water (200ml)**. Simmer for 5 minutes. Return **pork meatballs** to pan and simmer for a further 5 minutes until cooked through. Season with **salt and pepper** to taste.

**6P** – add **2 cups water**.

**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.**