



Pork Souvlaki Bowl

Greek pork meatballs with grilled zucchini, eggplant and capsicum on a bed of brown rice, served with a dollop of yoghurt sauce.



30 minutes



4 servings



Pork

FROM YOUR BOX

BROWN RICE	300g
RED CAPSICUM	1
BABY EGGPLANTS	2
ZUCCHINIS	2
PORK MINCE	500g
NATURAL YOGHURT	1 tub

FROM YOUR PANTRY

oil for cooking, salt and pepper

NOTES

Use a flat top grill on the BBQ to cook the meatballs and vegetables. Alternatively you can BBQ or roast the vegetables and cook the meatballs in a frypan.

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. GRILL THE VEGETABLES

Slice **capsicum** into thick strips. Cut **eggplants** and **zucchini**s into rounds. Toss with **oil, salt and pepper** (see tip). Cook on a BBQ or griddle pan over medium-high heat for 4-5 minutes each side or until tender and cooked through (see notes).

TIP *You can coat the vegetables in a ground spice or dried herb for more flavour. We tossed the vegetables with 2 tsp ground cumin.*

3. COOK THE PORK KOFTAS

Meanwhile, combine **pork mince** with seasoning of choice (see tip), **salt and pepper**. Use oiled hands to shape 1 tbsp size meatballs or koftas. Cook on BBQ or frypan over medium-high heat for 8-10 minutes turning or until cooked through.

TIP *You can add lemon zest and a dried herb for a fresh flavour. For a spiced flavour you can use ground turmeric, cinnamon, cumin, coriander or paprika. We used 1 tbsp ground paprika and 1 tsp cinnamon.*

4. FINISH AND SERVE

Divide rice among shallow bowls. Top with grilled vegetables and pork meatballs. Serve with a dollop of **yoghurt**.

TIP *We added 1 crushed garlic clove and 1 tsp dried oregano to the yoghurt. Serve with lemon wedges and garnish with chopped parsley if you have some.*

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