




Product Spotlight: Walnuts

Walnuts are high in antioxidants with research suggesting a benefit in reducing risk of some cancers, heart disease and diabetes. Resist the urge to remove the skin, that's where 90% of the antioxidants are!



3 Pork Meatballs in l'Orange Sauce

Roasted root vegetables served with pork meatballs in a sweet l'Orange sauce.

 35 mins

 2 servings

 Pork

6 August 2021

No meatballs!

If you don't want to make the meatballs, sauté the pork mince with the spices for 3-5 minutes, then add the sauce ingredients and cook following instructions.

Per serve: **PROTEIN** 36g **TOTAL FAT** 32g **CARBOHYDRATES** 74g

FROM YOUR BOX

BEETROOTS	2
CARROT	1
FENNEL	1/2 *
PORK MINCE	300g
MARMALADE	1/2 jar *
WALNUTS	1 packet
ROCKET	1 bag (60g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, red wine vinegar, fennel seeds, cumin seeds

KEY UTENSILS

large frypan, oven tray

NOTES

Cut your beetroots into thin wedges so that they cook in the same amount of time as your carrots.

If you wanted to bulk out your meatballs you could add 1/4 cup breadcrumbs, 1 finely diced shallot, 1 crushed garlic clove and 1 egg.

You can toast the walnuts on the oven tray with your vegetables for 5–8 minutes for extra flavour.

No pork option – pork mince is replaced with chicken mince.



1. ROAST THE VEGETABLES

Set oven to 220°C.

Wedge beetroots (see notes), slice carrot and fennel (reserve any fronds for garnish). Toss with **oil** and **1 tbsp cumin** on a lined oven tray, season with **salt and pepper**. Roast for 15–20 minutes or until tender.



4. MAKE L'ORANGE SAUCE

Turn heat on frypan down to medium-low. Add 1/2 jar marmalade, **3 tbsp water**, **1 1/2 tbsp vinegar**, **salt and pepper**. Whisk together and cook for 3–5 minutes until thick. Add meatballs back in and coat in sauce.



2. MAKE THE MEATBALLS

Mix pork mince in a bowl with **1/2 tsp fennel seeds**, **salt and pepper** (see notes). Use oiled or wet hands to form 1 tbsp sized balls.



5. TOSS THE VEGETABLES

In a large bowl, whisk together **1 tbsp olive oil**, **1/2 tbsp vinegar**, **salt and pepper**. Roughly chop the walnuts (see notes) add to the bowl along with roasted vegetables and rocket. Toss to coat.



3. COOK THE MEATBALLS

Heat a frypan over medium-high heat with **oil**, add meatballs and cook for 8–10 minutes until browned, remove from pan.



6. FINISH AND PLATE

Divide vegetables and meatballs among plates. Spoon over any extra sauce from the pan.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to hello@dinnertwist.com.au

