



DINNER TWIST
LOCAL. HEALTHY. DELIVERED




Product Spotlight: Mint

The health benefits of mint have been known to include improved digestion and relief from nausea, fatigue, and headaches. It is also often used in skin care.



3 Harissa Vegetable Stew with Meatballs

Home-made pork meatballs served with a vegetable stew, spiced with a fragrant harissa paste.

 35 minutes

 4 servings

 Pork

19 November 2021

Leftovers!

If you want to get some leftovers for lunch the next day, cook up some rice, cous cous or serve with Turkish bread.

Per serve: **PROTEIN** 36g **TOTAL FAT** 10g **CARBOHYDRATES** 17g

FROM YOUR BOX

PORK MINCE	600g
GARLIC CLOVE	1
BROWN ONION	1/2 *
GREEN CAPSICUM	1
HARISSA PASTE	2 sachets
BROCCOLI	1
GREEN BEANS	1/2 bag (125g) *
YOGHURT	1/2 tub *
MINT	1/2 bunch *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground coriander

KEY UTENSILS

large frypan

NOTES

You can make smaller meatballs if you prefer. Or don't make meatballs at all; just cook the mince in the pan and follow from step 3 onwards.

No pork option – pork mince is replaced with chicken mince. Use 2 spoons to form meatballs



1. MAKE THE MEATBALLS

Combine pork mince with crushed garlic, **salt and pepper**. Mix well. Use **oiled** hands to form 12 meatballs (see notes).



2. BROWN THE MEATBALLS

Heat a large frypan over medium-high heat with **oil**. Add meatballs and cook, turning, for 6–8 minutes or until browned. Remove and keep pan over heat.



3. COOK THE VEGETABLES

Thinly slice onion and capsicum. Add to pan along with harissa paste and cook, stirring, until fragrant. Roughly chop broccoli, trim and slice green beans. Add to pan and stir to combine.



4. SIMMER THE VEGETABLES

Add meatballs back to pan along with **1 1/2 cups water**. Simmer, covered, for 8–10 minutes. Season with **salt and pepper**.



5. PREPARE THE TOPPINGS

Mix the yoghurt with **2 tsp coriander**, **1 tbsp water**, **salt and pepper** to loosen. Roughly chop mint leaves.



6. FINISH AND SERVE

Divide vegetables and meatballs among shallow bowls. Drizzle over yoghurt and garnish with mint leaves.

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**

