



DINNER TWIST
LOCAL, HEALTHY, DELIVERED






Product Spotlight: Onions

Onions are powerful superfoods packed with beneficial nutrients. They feature antiviral, antibacterial as well as antioxidant properties.



2 Meatballs & Mash with Onion Gravy

Creamy potato mash with chives served with pork meatballs in a brown onion gravy and a simple dressed salad.

 20 minutes  2-3 servings  Pork

24 August 2020

Jazz up the gravy!

Add some fresh or dried herbs to the gravy (thyme, sage, oregano or tarragon!) for an extra flavour boost! Alternatively some mustard or a splash of soy sauce could work wonders.

FROM YOUR BOX

PARSNIP	1
MEDIUM POTATOES	2
PORK MEATBALLS	1 packet
BROWN ONION	1/2 *
CHERRY TOMATOES	1/2 packet (100g) *
MESCLUN LEAVES	1 bag (60g)
CHIVES	1/3 bunch *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive + oil/butter for cooking, salt, pepper, red or white wine vinegar, flour (of choice), soy sauce, 1/2 stock cube

KEY UTENSILS

frypan, saucepan

NOTES

No pork option – pork meatballs are replaced with chicken meatballs. Cook as per recipe.



1. BOIL THE POTATOES

Peel and roughly chop parsnip and potatoes. Place in a saucepan, cover with water and bring to the boil. Simmer for 10–12 minutes, or until tender but still firm. Drain, reserving 1/3 cup of cooking water in the pan. Return to pan, see step 5.



2. COOK MEATBALLS & ONION

Heat a frypan with **2 tbsp oil/butter** over medium heat. Add meatballs and cook until browned and nearly cooked through. Slice and add onion.



3. MAKE THE GRAVY & SIMMER

Mix **1 tbsp flour** with **1 cup water**. Slowly pour into pan while stirring continuously. Add **1/2 stock cube, 1 tsp soy sauce and 1 tsp vinegar**. Simmer for 5 minutes or until meatballs are cooked through. Adjust seasoning with **salt and pepper** to taste.



4. TOSS THE SALAD

In the meantime, halve tomatoes and toss with salad in a bowl. Dress with **1 tbsp olive oil and 1/2 tsp vinegar**.



5. MAKE THE MASH

Mash potatoes with reserved water and **2 tbsp butter/olive oil** to desired consistency. Chop and stir through chives, season well with **salt and pepper** to taste.



6. FINISH AND SERVE

Serve meatballs with mash and salad.

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**

