

SEE
NOTES FOR
VEGETARIAN
INSTRUCTIONS



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Persian Gheymeh


Aromatic and tangy, Gheymeh is a Persian staple. Versatile & satisfying, it's an exciting everyday flavour.



3 Meatball Shakshuka

Quick & easy one-pan with meatballs cooked in a Persian lime and tomato sauce, topped with feta and served with crusty bread.

 20 minutes

 4 servings




 Pork

14 May 2021

Meatball Bake

Swap out the Persian simmer sauce for crushed tomatoes and season with paprika, garlic and herbs of choice for a more traditional flavour. Scatter over feta and finish in the oven for a yummy meatball bake!

FROM YOUR BOX

PORK MEATBALLS 	1 packet
RED ONION	1
RED CAPSICUM	1
CHERRY TOMATOES	1 bag (400g)
PERSIAN LIME SAUCE	1 jar (320g)
WHITE BEANS	400g
SOURDOUGH ROLLS	2-pack
FETA CHEESE	1/2 tub *
PARSLEY	1/2 bunch *
 FREE-RANGE EGGS	6-pack
 TRIO SPROUTS	1 punnet

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS


large frypan with lid

NOTES

Cook the meatballs and serve them separate to the sauce if kids prefer!

No pork option – pork meatballs are replaced with chicken meatballs.

No gluten option – bread is replaced with GF bread.


 **VEG OPTION** – Ingredients are replaced with vegetarian alternatives – follow the cooking instructions as directed.



1. BROWN THE MEATBALLS

Set oven to 180°C (to warm the bread, optional).

Heat a frypan with oil over medium-high heat. Add meatballs and cook until browned all around (see notes).

 **VEG OPTION** – Set oven to 180°C (to warm the bread, optional). Heat a frypan with oil over medium-high heat.




2. ADD THE VEGETABLES

Dice red onion and capsicum, halve tomatoes. Add to pan as you go. Cook for 5 minutes or until softened.



3. SIMMER THE SAUCE

Pour in the Persian lime sauce along with **3/4 jar water**. Drain and add beans, simmer for 10 minutes. Season with **salt and pepper**.

 **VEG OPTION** – Cook as above. Simmer for 5 minutes then crack in the eggs. Cover and simmer for 6-10 minutes or until cooked to your liking.




4. WARM THE BREAD

Warm the sourdough rolls in the oven for 5 minutes (optional).



5. PREPARE THE GARNISH


Crumble the feta cheese and chop parsley.

 **VEG OPTION** – Prepare garnish as above. Toss sprouts together in a bowl and dress with olive oil and vinegar (optional).



6. FINISH AND SERVE

Serve the meatball shakshuka at the table with warm bread. Top with feta cheese and parsley.

 **VEG OPTION** – Serve shakshuka at the table with warm bread and sprout salad. Top with feta cheese and parsley.

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

