

Sweet Spiced Pork Meatballs with Hommus Dip

Preparation Time: 10 min

Cooking Time: 10 min

4 small serves/ 2 larger serves

Ingredients

½ cup flat-leaf parsley leaves

200g lean pork mince

1 small zucchini (grated + drained to remove excess water)

2 tbsp. wholemeal breadcrumbs

1 small egg

1 tsp sweet paprika

1 tsp Harissa spice mix

1 garlic clove, crushed

80 g hommus

Juice of 1 lemon

1 tsp olive oil



Directions

Coarsely chop the parsley. Place chopped parsley, mince, zucchini, breadcrumbs, egg, paprika, spice mix and garlic in a bowl and season with salt and cracked black pepper. Mix until well combined and roll into 8 meatballs.

Transfer to a plate and use a fork to flatten slightly.

Cover and place in the fridge for 10 minutes to chill.

Combine hommus, lemon juice and 2 tbsp. warm water in a small bowl, mix well.

Heat the oil in a non-stick frying pan over medium heat.

Cook the meat balls for 3 minutes each side or until cooked through.

Serve pork meatballs with the hommus dip.

Nutrition Information		
	Per small serve (2 meat balls)	Per large serve (4 meat balls)
Energy (kJ)	650	1300
Fat (g)	8.8	17.6
- saturated (g)	2.2	4.4
Protein (g)	10.8	21.6
Carbohydrate (g)	6.5	13
Fibre (g)	0.9	1.8