

## ***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.

<b>Nutrition Information</b>		
	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