Pork meatballs with broad beans, blood orange & yoghurt

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We love these pork meatballs with broad beans, blood orange & yoghurt. Serve with a fresh green salad.

Ingredients (Serves 4)

For the meatballs

- 500g organic [pork](#) mince
- 1 egg
- 1 tbsp polenta
- 2 cloves crushed fresh garlic
- Zest of ½ an orange
- 1 tbsp chopped parsley
- 1 tsp cumin
- ½ tsp smoked paprika
- Large pinch sea salt & cracked pepper
- Olive oil for frying
- 1 orange, skin removed and cut into wedges
- 1 cup peeled broad beans

For the yoghurt

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- ½ cup [Greek yoghurt](#)
- Zest of ½ an orange
- ½ tsp cumin
- Pinch salt and cracked pepper

Method

Preheat an oven to 180°C. Combine all of the ingredients for the meatballs (except oil, orange and beans) together well.

Roll into balls, this recipe will yield approx. 12, 50 cent-sized meatballs. Heat a large frypan to high heat and cook meatballs for two to three minutes until golden on the outside and still raw on the inside. Place meatballs in a large baking tray, scatter with broad beans and oranges and a drizzle of olive oil. Place in the oven and bake for 15 minutes until cooked through.

Combine ingredients for the yoghurt dressing together in a small bowl and serve over the meatballs. Best served with a fresh green salad.

Recipe from Gemma Lush; photo credit: Phu Tang

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