# Pork meatballs with broad beans, blood orange & yoghurt

#### Search:

- Dinner
- Pork
- Recipes

# Pork meatballs with broad beans, blood orange & yoghurt

 $(function(d, s, id) \ \{ \ var \ js, \ fjs = d.getElementsByTagName(s)[0]; \ if \ (d.getElementById(id)) \ return; \ js = d.createElement(s); \ js.id = id; \ js.src = "//connect.facebook.net/en_US/all.js#xfbml=1"; \ fjs.parentNode.insertBefore(js, fjs); \ \} (document, 'script', 'facebook-jssdk')); \ \underline{Tweet} \ !function(d,s,id) \{ var \ js,fjs=d.getElementsByTagName(s)[0]; if(!d.getElementById(id)) \{ js=d.createElement(s); js.id=id; js.src="https://platform.twitter.com/widgets.js"; fjs.parentNode.insertBefore(js, fjs); \} (document, "script", "twitter-wjs");$ 

Pinit

(function() { var po = document.createElement('script'); po.type = 'text/javascript'; po.async = true; po.src = 'https://apis.google.com/js/plusone.js'; var s = document.getElementsByTagName('script')[0]; s.parentNode.insertBefore(po, s); })(); Add to favorites

# Pork meatballs with broad beans, blood orange & yoghurt



#### Rate this recipe

0 people are cooking this Count me in

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

#### Pork meatballs with broad beans, blood orange & yoghurt

- 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

function displayNutrition(msg) {  $\$('.nutrition-label-container').text(msg); \$('.nutrition-label-container').fadeln(1000, function() { <math>c_obj = \$(this); window.setTimeout(function() { $(c_obj).fadeOut(1000); }, 5000); }); } function saveFavoriteNode(nid) { <math>\$.get('/favorite_nodes/add/' + nid, function(data) { //$('.result').html(data); alert('This recipe was added to your favorites list'); }); }$