

Pork Meatballs With Beans



When smoky meets pork, it's a heavenly combination. Try it for yourself if you don't believe us.

Recipe supplied by F. Whitlock & Sons.

Ingredients

200g pork mince

1/2 tsp ground smoked paprika

1 tbsp chopped parsley

1/2 cup instant couscous

2 tbsp slivered almonds, toasted (optional)

Handful fresh mint leaves, chopped (optional)

420g can F. Whitlock & Sons Killer Beans in a Smoky Campfire BBQ Sauce

Yoghurt Sauce (optional)

1/2 cup natural unsweetened yoghurt

1 tbsp chopped mint

Method:

1. Preheat oven to 180°C (fan assisted). Mix the pork with ground smoked paprika, parsley and salt and pepper to season. Roll into 8 even sized balls. Place in an ovenproof dish. Drizzle meatballs with a little olive oil. Bake for 20 minutes, or until meatballs are cooked.
2. While meatballs are cooking prepare the couscous according to packet instructions. When cooked toss through the toasted almonds and chopped mint if wished.
3. Heat F. Whitlock & Sons Killer Beans in a Smoky Campfire BBQ Sauce in a saucepan on the stove top. Once hot add the meatballs and stir to mix through the beans. Serve over the prepared couscous and add a dollop of yoghurt and mint sauce.
4. Yoghurt and Mint Sauce: Mix together yoghurt and chopped mint.