

SPANISH PORK MEATBALLS CASSEROLE WITH BUTTERBEANS, MASH POTATOES AND SPRING GREENS



Ingredients

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| 300g pork mince | 1 Tbsp sunflower oil |
| 1 large red onion diced | 2 carrots finely diced |
| 1 celery stalk peeled finely diced | 1tbsp tomato puree |
| 2 x 400g tinned tomatoes | 2 x red peppers sliced |
| 3 x garlic cloves | 1tbsp sweet smoked paprika |
| 2 x 400g tinned tomatoes | Small bunch of parsley |
| 1kg maris piper potatoes | 50g butter cubed |

Method

1. Peel potatoes and halve. Bring a pan of water to the boil add the peeled potatoes and cook for 15 minutes reduce to a medium heat with the lid on until soft.
2. Drain potatoes and allow to steam for 8 minutes.
3. Mash potatoes with cubed butter until soft and creamy.
4. Heat oil on a medium heat in a large saucepan, Add onion, diced carrot & diced celery gently sauté for 2 minutes until softened.
5. Add onions, celery, carrot, garlic & red peppers to a pan cook for 5 minutes gently until the vegetables have soften then add paprika & tomatoes
6. Cover and simmer for 10 minutes then blitz with a stick blender
7. Add butterbeans & parsley to the sauce.
8. Shape the minced pork into mini meatballs. Heat the oil in a large pan ,add the meatballs and cook for 5 -6 minutes until golden brown all over.
9. Once browned add to sauce and cover with a lid & simmer gently for a further 5 minutes
10. Serve with spring greens

