

FRUITY PORK MEATBALLS



With just four ingredients these fruity meatballs are on the table in 20 minutes. Serve with a side of mash for a speedy supper.

300g pack meatballs
3 tbsp caramelised onion marmalade or onion chutney
300g vegetable stock
2 red apples , cored and thickly sliced

In a large, non-stick frying pan, brown the meatballs for 2 mins over a high heat. Stir in the onion marmalade, stock and apples, then bring to the boil.

Simmer for about 15 mins until the apples and pork are cooked and the sauce has thickened. Spoon the meatballs and sauce over mash or a jacket potato.

Make it with turkey

Sticky turkey meatballs: Make your own meatballs by mixing 300g turkey mince with 1 small chopped onion, 1 tsp dried mixed herbs and a little beaten egg. Wet your hands and divide the mixture into 16 balls. Cook as in the recipe above, simmering for 15-20 mins until the meatballs are cooked through.