



# Pork meatballs and green beans

35'  
Hands on

30'  
Cook Time

10-12  
Portion(s)

1  
Difficulty



## Method

- Place a [frying pan](#) over high heat and add the seed oil.
- In a bowl add the ground pork, the cumin, the paprika, the dried breadcrumbs, the olive oil, salt, pepper, the egg, the oregano, and mix well.
- Shape about 25 meatballs and put them into a [baking pan](#). Add the flour, salt, and toss to coat.
- Add the meatballs to the pan in two batches and fry them for about 2-3 minutes, until they are golden brown. Remove and transfer to paper towels.

### For the sauce

- Place a [pot](#) over high heat and add the olive oil.
- Coarsely chop the onion, cut the garlic into slices, and add them to the pot. Add the thyme, salt, pepper, and sauté.
- [Cut](#) the peppers into thin strips and add them to the pot. Add paprika, the tomato paste, and sauté.
- Add the green beans, deglaze the pot with the wine, add the canned tomatoes, the water, the sugar, the meatballs, and cover with the lid. Simmer over medium heat for 20-25 minutes.
- Serve with mint, olive oil, pepper, and feta cheese.

## Ingredients

### For the meatballs

- 500 g ground pork
- 1 teaspoon(s) cumin
- 1 tablespoon(s) paprika
- 1 clove(s) of garlic
- 50 g dry breadcrumbs
- 1-2 tablespoon(s) olive oil
- salt
- pepper
- 1 egg, medium
- 1 teaspoon(s) oregano
- 50 g all-purpose flour
- 400 ml seed oil

### For the sauce

- 2 tablespoon(s) olive oil
- 1 onion
- 1 clove(s) of garlic
- 1 tablespoon(s) thyme
- salt
- pepper
- 1 red bell pepper
- 1 yellow bell pepper
- 1 tablespoon(s) paprika
- 1 tablespoon(s) tomato paste
- 500 g green beans
- 50 g red wine
- 400 g canned tomatoes
- 400 g water
- 1 pinch granulated sugar

### To serve

- mint
- olive oil
- pepper
- feta cheese

## Διατροφικός πίνακας

### Nutrition information per portion

183 Calories (kcal)	8.9 Total Fat (g)	2.3 Saturated Fat (g)	12.0 Total Carbs (g)
9%	13%	12%	5%
5.0 Sugars (g)	11.0 Protein (g)	3.5 Fibre (g)	0.37 Sodium (g)
6%	22%	14%	6%