



Full Pantries

Oriental Meatballs on Sweet Bell Pepper and Tomato Sugo with fresh Orange Couscous and Herb Yogurt Dip

For the sweet bell pepper and tomato sugo:

- 1 large onion
- 2-3 cloves of fresh garlic
- 3 red bell peppers
- 2-3 tablespoons olive oil
- 200ml dry white/rose wine or sparkling wine
- 2 tablespoons tomato or pepper paste
- 1 teaspoon brown sugar
- 1 teaspoon salt (e.g., rosemary salt)
- 1 teaspoon sweet paprika powder
- ¼ teaspoon cayenne pepper or chili
- Fresh ground pepper
- 1 can of peeled tomatoes (400g)

For the meatballs (makes about 20):

- 400g organic ground beef
- 1 small onion
- 1 clove of fresh garlic
- 1 egg
- 1 teaspoon paprika powder
- 1 teaspoon ground cumin
- ¼ teaspoon cayenne pepper or chili
- 1 teaspoon cinnamon
- ½ - 1 teaspoon salt
- Fresh ground pepper
- ½ bunch fresh flat-leaf parsley

For the orange couscous:

- 250g couscous
- 1 teaspoon salt
- 250ml orange juice (e.g., Osa by Klindworth)
- 250ml water

For the herb yogurt dip:

- 300g yogurt with at least 3.5% fat
- ½ cucumber
- ½ bunch mint
- ¼ bunch flat-leaf parsley

Instructions:

For the Sweet Bell Pepper and Tomato Sugo: Slice the onion and bell peppers into thin strips and finely chop the garlic. Sauté the onion and garlic in some olive oil until translucent, then add the bell peppers and sauté briefly. Deglaze with wine or sparkling wine. Let it simmer briefly and then add the tomato paste, spices, and peeled tomatoes. Stir briefly and let the sauce reduce for at least half an hour.

For the Meatballs: Finely chop the onion, garlic, and parsley. Then, mix them together with the ground beef and all other ingredients in a bowl. Knead everything well. Roll small balls with a diameter of about 4cm and set aside. Either fry them in a pan with some oil on both sides or bake them in a preheated oven at 230°C (450°F) for about 15-18 minutes. Meatballs cooked in a pan will be juicier.

For the Orange Couscous: Mix the couscous and salt in a large bowl. Bring orange juice and water to a boil in a saucepan, then pour over the couscous. Immediately cover with a kitchen towel or similar and let it steep for about 10-15 minutes. For an extra fruity taste, you can replace the water with orange juice.

For the Herb Yogurt Dip: Dice the cucumber finely and chop the herbs very finely. Mix them together with the yogurt in a bowl.

Enjoy your culinary adventure with these Oriental flavors!