

## CAJUN PORK MEATBALLS AND RICE



Serves 4-6



Prep Time 20 minutes



Cook Time 30-35 minutes



### INGREDIENTS

- 500g lean pork mince
- ½ tsp **Gregg's Cajun Seasoning**
- 1 onion, sliced
- 2 cloves garlic, crushed
- 1 red capsicum, deseeded and sliced
- 1 green capsicum, deseeded and sliced
- 2 tsp **Gregg's Cajun Seasoning**
- 2 Tbsp **Wattie's Tomato Paste**
- 1 ½ cup **Campbell's Chicken Stock**

### METHOD

1. Mix pork mince with **Gregg's Cajun Seasoning**. Roll into 10-12 balls. Refrigerate for 10 minutes.
2. Heat a dash of oil in a lidded frying pan. Brown the pork balls over a high heat. Remove from the pan and set aside. Reduce the heat add onion, garlic, red and green capsicums and cook until vegetables soften. Stir in **Gregg's Cajun Seasoning** and **Wattie's Tomato Paste**

- 1 cup frozen corn
- 1 medium tomato, diced

***Rice:***

- 1 ¼ cup **SunRice Medium Grain Calrose Rice**
- 2 ½ cups **Campbell's Chicken Stock**
- Fresh parsley leaves to garnish

and cook for a further minute. Pour over **Campbell's Chicken Stock** and stir. Return pork balls to the pan. Cover and simmer for 30 minutes until pork balls are cooked. 5 minutes before the end of cooking add frozen corn and diced tomato.

3. Remove pork balls from the sauce and stir through the cooked rice. Add the pork back into the pan. Scatter over parsley leaves before serving with your favourite green vegetables

***Rice:***

1. Put **SunRice Medium Grain Calrose Rice** into a medium sized saucepan. Add 2 ½ cups of **Campbell's Chicken Stock**. Cover. Bring to the boil. Stir. Reduce heat to a simmer and cook for 12 minutes. Turn off the heat and stand covered for a further 10 minutes to allow the rice to complete cooking. At this stage the stock will have been absorbed into the rice.