

INGREDIENTS:

240g Basmati rice
2 green peppers
1 onion
Leaves from one small branch of rosemary
1 tablespoon olive oil
150ml dry white wine
100ml vegetable stock, sea salt
Freshly-ground black pepper
For the meatballs:
1 kilo of lean minced pork
Breadcrumbs made from one thick slice of white bread
60ml milk
Leaves from one small branch of rosemary
2 eggs
2 garlic cloves
1 teaspoon medium hot paprika

TIME: 50 mins + 2 hrs**SERVING:** 6 people

In a large bowl soak the breadcrumbs in the milk for five minutes. Add the meat, the beaten eggs, the chopped garlic and rosemary and the paprika, season well, mix well with a fork then form into walnut-sized balls and refrigerate for two hours. Cook the rice according to the instructions on the packet, rinse, drain and keep warm. Sweat the chopped onion in the olive oil for a few minutes, cut the peppers into thin strips and add them with the chopped rosemary and cook for a further three to four minutes. Remove with a slotted spoon then add the oil to the pan and brown the meatballs all over. Add the wine and stock and replace the onion and pepper, season well, simmer for 10 minutes and serve with the rice.

Enjoy! Malcolm & Julie Pyne

YOUR NOTES: