

4 Sunny Pork Meatballs



Ground pork, extra lean (97262)	2 lbs.		900 g
Bread crumbs	45 ml	3 tablespoons	20 g
Egg	1		50 g
Mint leaves, chopped	15		25 g
Garlic cloves, chopped	2		5 g
Cumin powder	5 ml	1 teaspoon	2 g
Canola oil (or your choice of other)	15 ml	1 tablespoon	15 g
Vegetables			
Eggplant, coarsely cut into pieces	1		550 g
Zucchini, sliced lengthwise	500 ml	2 cups	240 g
Sweet peppers (your choice of colour), seeded and cut into 8	3		490 g
Onions, diced	2		360 g
Sauce			
Yogurt, plain	250 ml	1 cup	260 g
Coriander seeds, ground	22.5 ml	1 ½ tablespoons	3 g
Pepper	To taste		

Oil : 10
 Cook : 15 minutes
 Steam : 15 minutes
 Allergens : yes

Nutrition Facts

For 1 portion (265 g)

Amount	% Daily Value
Calories 250	
Fat 12 g	18%
Saturated 4 g + trans 0.1 g	21%
Polyunsaturated 0.2 g	
Omega-6 0.2 g	
Omega-3 0 g	
Monounsaturated 0.3 g	
Cholesterol 75 mg	25%
Sodium 105 mg	4%
Potassium 450 mg	13%
Carbohydrates 14 g	5%
Fibre 4 g	16%
Sugar 5 g	
Protein 22 g	
Vitamin A 41 RE	4%
Vitamin C 29 mg	50%
Calcium 87 mg	8%
Iron 1.2 mg	8%
Phosphorus 94.9 mg	8%

- Mix meat, bread crumbs, egg, mint, garlic and cumin in a bowl.
- Shape into meatballs.
- Heat Canola oil in a skillet on medium-high and brown meatballs evenly.
- Reduce heat to low and cook for 15 minutes.
- Steam vegetables for 10 minutes.
- Combine meatballs, vegetables in sauce. Serve.

Chef's Remarks

replacement product : as an alternative, use ground turkey (97272) to make this recipe.

Canada's Food Guide Portions

3 servings of vegetables and fruit + 1 ¼ servings of meat and alternatives.



Olymel Product Allergens

*Contains : none

Food Exchange System

3 servings of vegetables + 2 servings of meat and alternatives + 1 serving of fat.

*Verified allergens : peanuts, nuts, sesame seeds, milk, egg, grain containing gluten (wheat, barley, rye, oats, spelt, Kamut, triticale), soy (excluding refined soybean oil), fish, crustacea, mollusks, sulfite (max. 10 ppm). (Source: CFIA)