

Fennel & Pork Meatballs with Gremolata



Serves 4 **Prep 40 mins**

Cooking 20 mins

Easy

Ingredients

2 onions small, grated
500g lean pork mince
125g fresh breadcrumbs
1 tbsp fennel seeds, crushed
1 tsp dried oregano
1 egg
olive oil for frying
butter
3 bay leaves
300ml white wine
200ml strong chicken stock
100ml double cream
1 tsp Dijon mustard
300g couscous

For the gremolata

a small bunch of flat-leaf parsley, chopped
1 lemon, zested

1. Put half the onion, all of the pork mince, breadcrumbs, fennel seeds, oregano and egg in a bowl with plenty of seasoning.
2. Mix everything with your hands really well, then shape into 20 meatballs. Heat 1 tbsp oil in an ovenproof frying pan and brown the meatballs in batches, adding more oil as you need to – the meatballs should be almost cooked through. Once brown, scoop out of the pan onto a plate.
3. Add the rest of the onion to the pan with another tbsp of olive oil and a knob of butter. Fry gently until soft. Add the bay leaves and white wine and simmer until the wine has reduced by half. Add the meatballs back to the pan, along with the chicken stock, cream and mustard and simmer for 5 minutes, turning the meatballs halfway through.
4. Meanwhile, mix the gremolata ingredients. Cook the couscous according to packet instructions, then toss with a knob of butter and season. Serve the meatballs with the couscous and a sprinkling of gremolata.