

Frikadeller with Waffles Beans & Ratatouille



Serves 4

Prep 45mins

Cook 40 mins

The Ratatouille

Ingredients

250g minced pork
250g minced chicken or turkey
1 large onion, grated
60g white breadcrumbs
6 tbsp milk
1/2 teaspoon dried thyme
1 pinch salt & 1 pinch ground black pepper
1 large egg, beaten
1 tbsp flour, for dusting
6 tbsp sunflower oil for shallow frying

For the Ratatouille

1 aubergine, diced
2 courgettes, diced
2 red peppers, diced
4 large tomatoes
2 tbsp olive oil
1 tsp tomato paste
1 large onion, chopped
1/2 tsp sugar
1 bay leaf
3 sprigs thyme
1 tbsp chopped parsley

Frozen potato waffles and baked beans

1. Take the skin off the tomatoes and chop roughly
2. Heat the oil, add the onion and cook over low heat for 5 mins. Add the peppers and cook, stirring for 4 mins. Remove from the pan and set aside.
3. Fry the aubergine until browned all over, then remove from the pan. Fry the courgettes until browned, then return the onion, the peppers and aubergine. Add the tomato paste, stir well and cook for 2 mins. Add the tomatoes, sugar, bay leaf, & thyme stir well and cook for 15 mins. Remove the bay leaf, thyme and basil.
4. Sprinkle with the parsley and serve.

The Frikadeller:

5. Add the pork, chicken or turkey, onion, breadcrumbs, milk and thyme into a large bowl. Mix together and season.
6. Stir in the egg and a little extra milk, if necessary, to make the mixture soft but not sticky. With lightly floured hands, shape the mixture into 16 small balls.
7. Heat the oil in a frying pan and fry the meatballs over a medium heat for 8 - 10 mins, turning often, until golden brown.
8. Drain on kitchen paper, then serve with the waffles, ratatouille or with baked beans for the children