



Sweet and Sour Meatballs

20 MINUTES | SERVES: 4

INGREDIENTS

- 400g Peppercorn Extra Lean Meatballs
- 2 tsp mustard
- 2 tbsp sugar
- ¼ cup Worcestershire sauce
- ½ cup white wine vinegar
- ¼ cup salt reduced tomato sauce
- 1 tbsp extra virgin olive oil
- 4 cups mixed vegetables (snow peas, carrots, zucchini, and broccoli)

PREPARATION

1. Add ½ the oil to a saucepan over medium heat. Add meatballs and cook for 2 minutes until browned. Set aside.
2. Add remaining oil to pan and add the remaining ingredients. Bring the mix to boil, regularly stirring until the sauce thickens.
3. Reduce heat, add meatballs and chopped vegetables to sauce and cook for a further 5 minutes until vegetables are lightly cooked.