

Good for batch cooking



# Pork meatball goulash

*Serves 1*

190g lean pork mince

Salt and pepper

1½ tsp olive oil

½ red onion, peeled and finely chopped

½ red pepper, deseeded and finely chopped

1 clove garlic, peeled and crushed

½ tsp brown sugar

1 tsp smoked paprika, plus extra to serve

190g tinned chopped tomatoes

30ml reduced-fat soured cream



## Method

Season the pork mince with salt and pepper then roll into 12 equal balls. Heat the oil in a deep frying pan over a medium heat, add the meatballs and fry for 5 minutes, shaking the pan occasionally so that the meatballs brown evenly. Remove from the pan with a slotted spoon and set aside.

Tip the onion, pepper and garlic into the pan and fry for 5 minutes until softened. Add the sugar, paprika and tomatoes and bring to a simmer. Return the meatballs to the pan, loosely cover with a lid then simmer gently for 20 minutes, adding a splash of water if the sauce starts to dry out.

Spoon the meatballs into a warm serving bowl and top with the soured cream. Sprinkle over a little more paprika and serve.

## Tips

If you're going to batch-cook this recipe, make it to the point just before adding the soured cream then divide into portions.

The best way to freeze this dish is to leave it to cool completely then spoon portions into individual freezer bags. Lay on a tray and freeze flat.