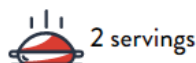


ITALIAN-STYLE COUSCOUS



2 servings



15 min.



30 min.

INGREDIENTS

1 boil-in-bag of TIPIAK Couscous Express

1/2 garlic clove, finely chopped

2.5 ml (1/2 tsp) oregano

225 g (1/2 lb) semi-lean ground porc

125 ml (1/2 cup) freshly grated parmesan

60 ml (1/4 cup) panko (Japanese bread-crumbs) or traditional breadcrumbs

1 small egg

Freshly ground pepper

500 ml (2 cups) tomato sauce, either homemade or store bought

COOKING INSTRUCTIONS

1. Put the ground pork, garlic, oregano, parmesan, panko, egg and pepper in a food processor. Blend just enough to make the mixture uniform: this will ensure meatballs are nice and tender. You can also mix by hand in a large bowl.
2. With your hands, shape 6 meatballs of approximately 4.54 cm (1 3/4 inch) in diameter.
3. Heat the tomato sauce on medium heat in a pot. When the sauce starts to boil, reduce heat to medium-low.
4. Cook the meatballs on all sides in a large non-stick pan on medium-high heat, then place them directly in the tomato sauce. Let the meatballs simmer for 30 minutes, stirring occasionally, or until they are cooked through.
5. Cook the TIPIAK Express Couscous boil-in-bag according to the directions on the packaging.
6. Divide the couscous between the plates. Fluff the couscous with a fork. Garnish the meatballs and drizzle the tomato sauce.