





Recipe Details

Recipe Name : Turkey And Sweetcorn Meatballs With Roasted Pepper Sauce
Recipe Category:
Author : Ottolenghi
Created : February 16, 2015
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Portions : 4





Weight (Per Portion)

One portion of this dish weighs approximately 310.00 Grams

Recipe Ingredients

Ingredient	Quantity	Allergen Warnings
Sweetcorn, kernels, raw	100 Gram	
Bread, white, sliced	3 Unit	 Gluten
Egg, chicken, free range, whole, raw	1 Medium	 Egg
Parsley, raw	2 Tablespoon	
Cumin, ground	2.5 Teaspoon	
Salt, table	1 Teaspoon	
Pepper, black	0.5 Teaspoon	
Garlic	1 Clove	
Pepper, capsicum, red, raw	4 Medium	
Oil, olive	3 Tablespoon	
Salt, table	1 Teaspoon	
Coriander leaves, fresh	25 Gram	
Garlic	1 Clove	
Pepper, hot chilli, red, raw	1 Small	
Vinegar, cider	2 Tablespoon	

Recipe Alerts

Special Dietary Requirements Suitability:	 Vegetarian  Halal
Allergen Warnings:	 Gluten  Egg

Recipe Method

1. Preheat the oven to 200 0c/gas mark 6. To prepare the peppers for the sauce, quarter them with a sharp knife and shave off the white parts and the seeds. Put them in a roasting tray and toss with 2 tablespoons of the olive oil and 0.5 teaspoon of the salt, then roast in the oven for 35 minutes or until soft. Transfer the hot peppers to a bowl and cover it with cling

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film. Once they have cooled down a little, you can peel them, although it isn't essential for this sauce. In any case, place them in a blender or food processor with their roasting juices and add the rest of the sauce ingredients. Process until smooth, then taste and adjust the salt if necessary. Set aside. 2. For the meatballs, place a heavy, non-stick frying pan over a high heat and throw in the sweetcorn. Toss them in the hot pan for 2-3 minutes, until lightly blackened. Remove and leave to cool. 3. Soak the bread in cold water for a minute, then squeeze well and crumble in into a large bowl. Add all the rest of the ingredients except the sunflower oil and mix well with your hands. 4. Pour a 5mm depth of sunflower oil into your heavy frying pan. Allow it to heat up well and then fry about a teaspoonful of the mince mix in it. Remove, let cool a little and then taste. Adjust the amount of salt and pepper in the uncooked mixture to your liking. 5. With wet hands, shape the mince mix into balls, about the size of golf balls. Cook them in small batches in the hot oil, turning them around in the pan until they are golden brown all over. Transfer to an oven tray, place in the oven at 200 0c/gas mark 6 and cook for about 5 minutes. When you press one with your finger, the meat should bounce back. If unsure, break one open to check that it is cooked inside. Serve hot or warm, with the pepper sauce on the side.

