

Less than 45 minutes

Serves 4

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Ingredients:

- Canola oil, for frying
- 1 onion, chopped
- 1 packet (about 500g) pork bangers, casing removed
- ½ tsp (3ml) cayenne pepper
- 1 tsp (5ml) dried mixed herbs (fresh works well too)
- 1 Tbsp (15ml) Dijon mustard
- 1 egg, whisked
- 3 slices white bread, torn or 1 cup (250ml) breadcrumbs
- Salt and milled pepper

Dressing:

- ¼ cup (60ml) canola or olive oil
 - 1 tsp (5ml) Dijon mustard
 - ½ tsp (3ml) honey
 - Juice (30ml) of ½ lemon
 - Salt and milled pepper
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- ¼ head red cabbage, shredded
 - ½ cucumber, sliced
 - ½ packet (100g) assorted tomatoes, quartered

Method:

1. Heat oil in a pan and fry onion for 3-5 minutes.
2. Remove and set aside.
3. Combine remaining meatball ingredients with onion.
4. Roll into 16 equal-sized balls and chill in the fridge for 30 minutes to firm up.
5. Heat oil in the same pan and fry meatballs in batches for 5-7 minutes or until golden

and cooked through.

6. Drain on kitchen paper and set aside.
7. Combine dressing ingredients.
8. Layer mason jars with dressing, then salad bits and meatballs.
9. Store in a cooler box until ready to serve (shake to dress salad).