

Less than 45 minutes

Serves 4

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Ingredients:

- 2 cans (410g each) PnP chopped tomatoes
- 2 tsp (10ml) ground cumin
- 2 tsp (10ml) ground coriander
- 2 tsp (10ml) smoked paprika + extra for serving
- Chilli flakes, to taste
- 1 can (410g) kidney beans, drained and rinsed
- 2 trays (18) PnP meatballs
- Glug olive oil

Guacamole:

- 1 avocado, mashed
- 2 tomatoes, seeded and diced
- Handful fresh coriander, chopped
- ½ red onion, diced
- Juice (60ml) of 1 lemon
- Salt and milled pepper

For serving:

- Paprika, to taste
- Dollop sour cream
- A few tortilla chips

Method:

1. Preheat oven to 200°C.
2. Mix tomatoes, spices and beans in an ovenproof dish with ½ cup (125ml) water.
3. Nestle meatballs into sauce and drizzle with oil.
4. Bake for 15 minutes, turn meatballs and bake for another 15 minutes.
5. Stir guacamole ingredients together.

6. Serve meatballs with guacamole, a shake of paprika, a dollop of sour cream and tortilla chips on the side.