



Roasted pork and fennel meatball soup



DIFFICULTY: EASY



PREPARATION TIME: 15
MINS



COOKING TIME: 30 MINS



SERVES: 4

Ingredients

- 1 red onion, cut into 2cm pieces
- 1 red capsicum, cut into 2cm cubes
- 2 carrots, peeled and cut into 2cm cubes
- 1 large potato, cut into 2cm cubes
- 1 fennel, cut into 2cm pieces
- 1 cloves garlic, chopped
- 1 tbsp olive oil
- Salt and pepper
- 500g pork and fennel sausages
- Tomato soup base
- 1 tbsp olive oil
- 2 cloves garlic, finely chopped
- 400g can crushed tomatoes
- ½ to 1 tsp chilli flakes
- 1-2 tsp sugar
- 750ml chicken stock
- Salt and pepper

Method

Preheat oven on CircoRoasting to 200°C. Line the universal tray with baking paper.

Place onion, capsicum, carrots, potato, fennel and garlic on to the universal tray.

Drizzle with oil, season with salt and pepper and toss to mix. Spread vegetables in a single layer, place on shelf level 4. Cook for 10 minutes.

While vegetables are cooking, carefully squeeze the sausages to remove the filling to make 3cm meatballs. Stir the vegetables and evenly top with meatballs. Increase oven temperature to 220°C and cook for 10 minutes. Stir the vegetables and meatballs and continue to cook for a further 10 minutes or until lightly golden.

While the vegetables and meatballs are roasting, make the tomato soup base. Heat a large saucepan over moderate heat, Induction level 6. Add the oil and garlic and sauté for 1 to 2 minutes. Add the tomato and chilli and stir to combine, cook for 1 minute. Check the acidity of the tomato and add sugar to taste. Add the chicken stock and season with salt and pepper. Lower heat and simmer soup base for 10 minutes. Keep warm.

Spoon the roast vegetables and meatballs into large soup bowls. Ladle on the tomato soup and sprinkle with parsley. Serve with crusty bread.

½ cup roughly chopped fresh parsley

Notes
