



PORK & NDUJA MEATBALLS WITH FRAGRANT POMEGRANATE COUSCOUS

A bold and aromatic main dish, these pork and nduja meatballs are packed with smoky spice and balanced by a rich tomato sauce made with [Blenders Tomato Ketchup](#) and [Chicken Bouillon](#). Served over fragrant pomegranate couscous with basil, pine nuts, and roasted red peppers, this dish delivers layered flavour and vibrant colour – ideal for showcasing on menus or serving as a generous special.

Ingredients

For the Meatballs:

- 1 onion, finely chopped
- 2 cloves garlic, minced
- 2 tsp olive oil
- 150g Nduja, grated or crumbled
- 750g pork mince
- 50g panko breadcrumbs
- 1 tsp chopped fresh coriander
- 40g [Blenders Tomato Ketchup](#)
- Sea salt and coarse ground black pepper

For the Tomato Sauce:

- 1 onion, finely chopped
- 2 cloves garlic, minced
- 2 small green chillies, chopped
- 2 x 400g tins chopped tomatoes
- 4 tbsp tomato purée
- 160ml [Blenders Chicken Bouillon](#) (prepared)
- 40g [Blenders Tomato Ketchup](#)
- 1 small bunch of fresh basil, chopped
- Olive oil, for frying
- Salt and pepper, to taste

For the Couscous:

- 300g couscous
- 300ml [Blenders Vegetable Bouillon](#) (prepared)
- 2 tbsp red pesto
- 1 jar roasted red peppers, sliced
- 30g toasted pine nuts
- 1 small bunch fresh basil, torn
- Seeds of 1 pomegranate
- Sea salt, to taste

Allergens

- Gluten, Nuts, Egg, Celery



PREP TIME

30 MIN



COOK TIME

45 MIN



SERVINGS

6-8

Method

1. In a large bowl, mix the onion, garlic, Nduja, pork mince, breadcrumbs, coriander, and [Blenders Tomato Ketchup](#).
2. Season with salt and pepper. Shape into golf ball-sized meatballs and place on a tray.
3. Chill in the fridge while you prepare the sauce.
4. Heat olive oil in a medium saucepan. Add onion, garlic, and chillies, and cook for 5–6 minutes until soft.
5. Add the chopped tomatoes, tomato purée, and prepared [Blenders Chicken Bouillon](#). Stir in the [Blenders Tomato Ketchup](#) and season to taste. Add chopped basil and simmer gently.
6. Heat a large frying pan with oil and brown the meatballs on all sides. Transfer to the tomato sauce and simmer gently for 15 minutes until fully cooked through.
7. Place couscous in a bowl and pour over the hot prepared [Blenders Vegetable Bouillon](#).
8. Cover and let steam for 5–7 minutes. Fluff with a fork, then stir in red pesto, roasted peppers, pine nuts, basil, and pomegranate seeds. Season with sea salt.
9. Spoon the couscous onto serving dishes and top with the warm, spicy meatballs. Finish with extra basil or pine nuts if desired.