

Pineapple pizza is great, so don't stop there

Oven-roasting the meatballs instead of pan-frying leaves you free to make the sauce. The meatballs can be assembled the night before, if you wish so you can just pop them in the oven when you get home from work. The sauce can also be made ahead. Serve with cooked rice or rice noodles and snow peas.

Classic Sweet and Sour Pineapple Meatballs

Ingredients

Meatballs

- 1 lb medium ground beef
- 1 egg, beaten
- 1 tbsp Dijon mustard
- 1/2 cup EACH milk and dry breadcrumbs
- 1/4 tsp salt

Sauce

- 1 can (398 mL/14 oz.) pineapple chunks
- 1 tbsp cornstarch
- 2 tbsp soy sauce
- 1/4 cup brown sugar
- 3/4 cup ketchup
- 1 tbsp vegetable oil

KATE'S KORNER



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- 1 sweet green pepper, seeded and chopped
- 1 onion, chopped
- 3 cloves garlic, minced
- 1/2 tsp each salt and freshly ground pepper
- 1/4 cup minced fresh parsley (optional)

Directions

In a large bowl gently combine beef, egg, Dijon mustard, milk, breadcrumbs and salt. Shape into 1-inch (2.5 cm) balls, placing on foil or parchment-lined baking sheet. Roast meatballs in 400°F oven, turning once, until golden brown for 15 to 20 minutes or until digital rapid-read thermometer inserted into centre of several meatballs reads 160°F (71°C).

Meanwhile, in bowl, whisk together pineapple chunks, cornstarch, soy sauce, 1 cup (250 mL) water, brown sugar and ketchup. Set aside.

In Dutch oven, heat oil over medium-high heat. Add green pepper, onion, garlic, salt and pepper. Cook, stirring, until softened, about 5 minutes.

Reduce heat to medium and stir in pineapple mixture and cooked meatballs to pot. Cook, stirring until sauce is thickened, about 7 minutes. Stir in parsley (if using) and serve.

Contact Kate Vanderburgh, sales representative for Royal LePage Real Estate Services Ltd., Broker at 905-338-3737 or by email at kate@katevanderburgh.ca

Article and photo provided by Canada Beef.



Dive into the eccentric '80s

Is your home décor in need of a drastic change? If you're a fan of the extravagant 80s, then Memphis design may be just the cure for your drab interior. Here are the secrets of this eccentric décor trend that's making a big comeback.

What is Memphis style?

Introduced in 1981 by the renowned designer Ettore Sottsass and his Memphis Group, this style is anything but bland. Characterized by bold, colourful furniture and accessories, Memphis-style interiors push the boundaries of eclectic design to create a truly unique aesthetic.

Here are some tips to help you transform your home:

- Choose bright colours that will give your home personality. Opt for canary yellow, electric blue, cotton candy pink, scarlet red and lime green when it comes to your cushions, tables, carpets, and lamps.
- Prioritize stripes, polka dots, abstract designs and zigzags. Choose accessories, furniture and wallpaper with bold patterns and designs.
- Incorporate a variety of geometric shapes. These details are key elements of the Memphis trend, and they also confer structure and rhythm to your home's interior.
- Vary textures and materials to highlight the whimsical quality of Memphis design. Include plastic, wood, marble, metal or decorative laminate to add depth to your décor. (NPT)



KATE VANDERBURGH

SALES REPRESENTATIVE

905 338 3737

KATEVANDERBURGH.CA

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