



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Oregano

You can dry any leftover oregano for future use! Tie the stems together and hang upside down in a well ventilated area for 2-4 weeks. When dried you can crumble the leaves into your cooking!



C4 Beef & Feta Meatballs with Risoni

Risoni pasta cooked in one pan with tomato sugo and Greek vegetables, served with beef meatballs, crumbled feta cheese and fresh oregano.



30 minutes



4 servings



Beef

8 July 2022

Hide the veg!

To make this dish super child-friendly, you can grate the veggies to further hide them in the sauce!

FROM YOUR BOX

BROWN ONION	1
ZUCCHINI	1
SMALL EGGPLANT	1
RISONI	250g
TOMATO SUGO	1 jar
OREGANO	1 packet
FETA CHEESE	1 packet
BEEF MINCE	600g

FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked paprika

KEY UTENSILS

large frypan with lid, frypan

NOTES

You can add crushed garlic or fennel seeds to the dish for a boost of flavour!

Stir the risoni every few minutes to prevent the pasta from sticking to the bottom of the pan. Add more water towards the end if you feel you need it.

No gluten option – risoni is replaced with GF pasta. Reduce water in step 2 to 1/2 cup. Bring a saucepan of water to boil. Cook pasta according to packet instructions until al-dente. Stir cooked pasta through sauce in step 5.



1. SAUTÉ THE VEGETABLES

Heat a large frypan over medium-high heat with **oil**. Dice onion, zucchini and eggplant. Add to pan as you go along with **2 tsp paprika** (see notes). Cook for 5 minutes until softened.



2. ADD RISONI AND SIMMER

Stir in risoni, tomato sugo and **1 1/2 cups water**. Add 1/2 the oregano leaves. Cover and simmer for 10 minutes, stirring occasionally (see notes).



3. MAKE THE MEATBALLS

Crumble 1/4 feta cheese block. Combine with beef mince, **1/2 tsp paprika, salt and pepper**. Use oiled or wet hands to form 1 tbsp size meatballs.



4. COOK THE MEATBALLS

Heat a frypan over medium-high heat with **oil**. Add meatballs and cook for 8-10 minutes, turning, until cooked through.



5. FINISH AND SERVE

Season risoni with **salt and pepper** to taste and serve meatballs on top. Garnish with remaining feta cheese (use to taste) and oregano leaves.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

