

**Product Spotlight:  
Parsley**

If the parsley wilts, trim the lower stems and place bunch in a glass of cold water. Loosely cover leaves with a bag and place it in the fridge.



## Lamb Meatballs with Greek Style Orzo

Cinnamon spiced lamb meatballs with apple served on a bed of tomato risoni with chopped kalamata olives, finished with a sprinkle of fresh chopped parsley.



30 minutes



2 servings



Lamb

23 June 2023

## Make a meatball soup!

*You can add the vegetables, risoni and chopped tomatoes to the slow cooker with some stock to make a minestrone-style soup! Stir the meatballs through at the end.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	39g	30g	74g

## FROM YOUR BOX

RISONI	125g
GREEN APPLE	1
LAMB MINCE	250g
RED CAPSICUM	1
COURGETTES	2
TINNED CHOPPED TOMATOES	400g
GARLIC CLOVE	1
KALAMATA OLIVES	1 tub
PARSLEY	1 packet

## FROM YOUR PANTRY

oil for cooking, salt, pepper, dried thyme, ground cinnamon

## KEY UTENSILS

large frypan, saucepan

## NOTES

If you have two frypans, you can start simmering the sauce at the same time the meatballs are cooking to save time!

You can grate the courgettes to further hide the greens if preferred. Dried oregano also works well in this dish!

**No gluten option** – risoni is replaced with GF pasta.



### 1. COOK THE RISONI

Bring a saucepan of water to a boil. Add risoni and cook for 8–10 minutes or until al-dente. Drain and set aside.



### 2. PREPARE THE MEATBALLS

Grate apple and use hands to squeeze out excess liquid. Combine 1/2 grated apple with lamb mince, **1/4 tsp cinnamon, salt and pepper**. Use **oiled** hands to roll into 1 tbsp size meatballs.



### 3. COOK THE MEATBALLS

Heat a frypan over medium-high heat with **oil** (see notes). Add meatballs and cook turning for 10–12 minutes or until cooked through. Remove from pan and set aside (keep pan on heat).



### 4. SIMMER THE SAUCE

Dice capsicum and courgettes (see notes). Add to pan along with remaining grated apple, **1 tsp thyme**. Cook until softened. Stir in chopped tomatoes, 1 crushed garlic clove and **1 tbsp olive oil**. Simmer for 5 minutes.



### 5. TOSS THE RISONI

Rinse and roughly chop olives. Toss through sauce along with risoni. Season to taste with **salt and pepper**.



### 6. FINISH AND SERVE

Serve risoni with meatballs, garnished with chopped parsley.



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