



Product Spotlight: Parmesan Cheese

It is believed that medieval monks from the Parma region were the original creators of Parmesan cheese. The cheese made in the 13th century was very similar in taste and appearance to the cheese made today.



Creamy Parmesan Risoni with Baked Sage Meatballs

Flavourful chicken meatballs, baked with fresh sage, served over a creamy parmesan cheese risoni, with button mushrooms and baby spinach.



30 minutes



2 servings



Chicken

Switch it up!

Want to skip making the meatballs? Cook the mince and half the sage in a frypan until browned. Add remaining ingredients and cook with risoni.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	55g	20g	50g

FROM YOUR BOX

SAGE	1 packet
CHICKEN MINCE	300g
PARMESAN CHEESE	1 packet
BROWN ONION	1
BUTTON MUSHROOMS	150g
GARLIC CLOVE	1
RISONI	125g
BABY SPINACH	120g

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried thyme, stock cube (of choice)

KEY UTENSILS

large frypan, oven dish

NOTES

Crush parmesan before adding the chicken to break it up. This will help it evenly disperse among the meatballs.

This recipe will make approximately 20 1-tbsp sized meatballs. Make smaller or larger meatballs depending on your preference, and adjust baking time accordingly.

Skip crisping the sage if preferred. Roughly chop and add to pan with onion to cook.

No gluten option – risoni is replaced with arborio rice. Add rice at step 4 with 1-2 cups extra water.



1. BAKE THE MEATBALLS

Set oven to 220°C. Roughly chop **1/2 sage leaves**. Add to a bowl along with **chicken mince**, **2 tbsp parmesan** (see notes), **salt and pepper**. Mix to combine.

Place 1 tbsp size **meatballs** in a lined oven dish and bake for 15-20 minutes until golden and cooked through.



4. SIMMER THE RISONI

Add **risoni**, **1 1/2 cups water** and **crumbled stock cube**. Simmer, semi-covered, for 10 minutes until **risoni** has absorbed liquid.



2. PREPARE THE INGREDIENTS

Slice **onion** and **mushrooms**. Crush **garlic**.



5. ADD SPINACH & PARMESAN

Add **1/2 parmesan** and **baby spinach** (use to taste). Stir to combine. Cook for a further minute to wilt **spinach**. Season to taste with **salt and pepper**.



3. SAUTÉ THE AROMATICS

Heat a large frypan over medium-high heat with **oil**. Add remaining **sage leaves** and cook for 1-2 minutes to crisp (see notes). Remove to a plate.

Add **onion**, **garlic**, **mushrooms** and **2 tsp thyme**. Sauté for 5 minutes.



6. FINISH AND SERVE

Divide **risoni** among shallow bowls. Top with **meatballs**. Garnish with remaining **parmesan** and crispy **sage leaves**.

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