




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.




Baked Sage Meatballs with Parmesan Risoni

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

 30 minutes

 4 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** 54g **TOTAL FAT** 13g **CARBOHYDRATES** 57g

FROM YOUR BOX

SAGE	1 packet
CHICKEN MINCE	600g
PARMESAN CHEESE	1 packet
BROWN ONION	1
BUTTON MUSHROOMS	300g
GARLIC	1 clove
RISONI	250g
BABY SPINACH	120g (2x60g)

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.



2. PREPARE THE INGREDIENTS

Slice onion and mushrooms. Crush garlic.



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.



4. SIMMER THE RISONI

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



5. ADD SPINACH & PARMESAN

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



6. FINISH AND SERVE

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

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