



### Product Spotlight: Celery

Celery is low in kilojoules and brings a fresh, aromatic base to soups and sauces. Both the stalks and leaves are edible.



## Chicken Meatballs

### And Cheesy Risoni

Italian meatballs with pasta – it can never go wrong! Risoni and tomato sauce cooked in one pan, this meal is easy and mess free.



20 minutes



2 servings



Chicken

## Switch it up!

*You can keep the risoni plain and cook the meatballs in the tomato sauce instead. Serve broccoli on the side if preferred.*

| Per serve: | PROTEIN | TOTAL FAT | CARBOHYDRATES |
|------------|---------|-----------|---------------|
|            | 67g     | 36g       | 62g           |

## FROM YOUR BOX

|                   |          |
|-------------------|----------|
| BROWN ONION       | 1        |
| CELERY STICK      | 1        |
| GARLIC CLOVE      | 1        |
| CHOPPED TOMATOES  | 400g     |
| RISONI            | 125g     |
| ZUCCHINI          | 1        |
| CHICKEN MEATBALLS | 500g     |
| BROCCOLI          | 1        |
| BASIL             | 20g      |
| PARMESAN CHEESE   | 1 packet |

## FROM YOUR PANTRY

oil/butter for cooking, salt, pepper, dried oregano

## KEY UTENSILS

frypan with lid, frypan

## NOTES

Cook the broccoli on the side if you prefer!

**No gluten option** – risoni is replaced with GF pasta. We recommend to cook the pasta and sauce separately. Reduce liquid to 1/2 cup water at step 2.



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### 1. SAUTÉ THE VEGETABLES

Heat a frypan with **oil** over medium heat. Chop and add **onion** and **celery**, cook for 3–4 minutes or until softened. Crush in **garlic** and add **2 tsp dried oregano**.



### 2. ADD RISONI AND SIMMER

Stir in **chopped tomatoes** and **risoni**, combine well. Add **1 cup water** and grate in **zucchini** (use to taste). Cover and simmer over medium heat for 10 minutes (see step 4). Stir occasionally.



### 3. COOK THE MEATBALLS

Meanwhile, heat a large pan with **oil/butter** over medium–high heat. Add **meatballs** and cook for 6–8 minutes or until browned and cooked through.



### 4. ADD THE BROCCOLI

Cut **broccoli** into small florets and add to pan (use to taste, see notes). Cook for a further 5 minutes or until **risoni** and **broccoli** are both cooked through. Season with **salt and pepper** to taste.



### 5. FINISH AND SERVE

Serve **risoni** with **meatballs** and top with sliced **basil leaves** and **parmesan cheese** to taste.

**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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**

