

**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.



Greek Lamb Meatballs

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

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
	33g	33g	44g

FROM YOUR BOX

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

FROM YOUR PANTRY

oil for cooking, olive oil, 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!

Use zucchini to taste. Any leftover can be grated and frozen to add to a pasta sauce another night.

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

No gluten option – risoni is replaced with **GF pasta**. Use to taste and serve separately if you prefer.



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 **zucchini** (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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