



Product Spotlight: Celery

Celery is well known for being low in calories but its health benefits go far beyond that. Unlike many other vegetables, celery retains most of its nutrients, even after cooking!



Meatballs and Risoni

One-Pan

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



Pork

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
	78g	60g	72g

FROM YOUR BOX

BROWN ONION	1
CELERY STICK	1
GARLIC CLOVE	1
CHOPPED TOMATOES	400g
RISONI	125g
ZUCCHINI	1
PORK 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 **1 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 **0481 072 599** or send an email to **hello@dinnertwist.com.au**

