



### 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

Per serve:	<b>PROTEIN</b>	<b>TOTAL FAT</b>	<b>CARBOHYDRATES</b>
	70g	48g	90g

## 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

**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. SAUTE 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 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 5). Stir occasionally.



### 3. COOK THE MEATBALLS

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). 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**

