




Product Spotlight: Chives

Any leftover chives are delicious in a breakfast omelette! Wrap your chives in a damp paper towel or kitchen towel and store them in a plastic bag or container to prevent them from dehydrating.




Cheesy Lamb Meatball Risoni

A comforting risoni dish with a herby tomato sauce, topped with juicy lamb meatballs and finished with melted cheddar and fresh chives.

 35 minutes

 Lamb

 4/6 servings

Skip the meatballs!

Short on time? Use the lamb mince, vegetables and chopped tomatoes to make a quick bolognese sauce. Serve with risoni and top with cheddar cheese.

Per serve: **PROTEIN** 51g **TOTAL FAT** 33g **CARBOHYDRATES** 78g

FROM YOUR BOX

	4 PERSON	6 PERSON
BROWN ONION	1	2
ZUCCHINI	1	1
RED CAPSICUM	1	2
TINNED CHOPPED TOMATOES	400g	2 x 400g
TOMATO PASTE	1 sachet	1 sachet
RISONI	250g	250g + 125g
LAMB MINCE	600g	600g + 300g
GARLIC CLOVE	1	2
CHIVES	1 bunch	1 bunch
SHREDDED CHEDDAR CHEESE	1 packet	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried oregano

KEY UTENSILS

oven proof frypan with lid (see notes), frypan

NOTES

If you don't have an oven proof fry pan you can transfer the risoni and meatballs to an oven dish.

No gluten option - risoni is replaced with GF pasta. Cook pasta according to packet instructions. Stir through sautéed vegetables, chopped tomatoes and tomato paste. Continue at step 3.



1. SAUTÉ THE VEGETABLES

Set oven grill to 220°C.

Heat an oven proof frypan with **oil** over medium heat (see notes). Dice **onion**, **zucchini** and **capsicum**. Add to pan as you go with **1 tbsp oregano**. Cook for 5 minutes until softened.

6P - use 1 1/2 tbsp oregano.



4. COOK THE MEATBALLS

Heat a large frypan with **oil** over medium-high heat. Cook **meatballs** for 6–8 minutes, turning, until browned.



2. SIMMER THE RISONI

Add **chopped tomatoes**, **tomato paste** and **risoni** to pan, stir to combine. Add **2 cups water** and bring to a simmer. Cover and cook for 10–12 minutes, stirring occasionally, until **risoni** is tender. Season **salt and pepper**.

6P - add 1/4-1/2 cup more water if needed.



4. FINISH AND SERVE

Slice **chives** and stir **1/2** through **risoni** (transfer to an oven proof dish if needed). Arrange **meatballs** on top. Sprinkle with **cheddar cheese** and grill in oven for 5 minutes until **cheese** is melted. Garnish with **remaining chives** and serve.



3. PREPARE THE MEATBALLS

Meanwhile, combine **lamb mince** with crushed **garlic**, **salt and pepper**. Roll into 1 tbsp size **meatballs**.

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