



### Product Spotlight: Oregano

After the Romans conquered the Greeks, they inherited oregano and were responsible for its extensive use in Europe and abroad. In time, oregano found itself on a journey from the Middle East to China.



## Lamb Meatballs with Summer Risoni

Mini lamb meatballs flavoured with bright lemon zest and crushed garlic, served over a summer risoni full of colourful vegetables, lemon juice and fresh oregano.



30 minutes



4 servings



Lamb

## Switch it up!

*If you preferred cooked vegetables, add the cherry tomatoes and capsicum to the frypan to cook with the meatballs. Add baby spinach for last minute to wilt.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	41g	19g	59g

## FROM YOUR BOX

RISONI	250g
LEMON	1
GARLIC CLOVES	2
LAMB MINCE	600g
CHERRY TOMATOES	2 x 200g
YELLOW CAPSICUM	1
OREGANO	1 packet
BABY SPINACH	120g

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper

## KEY UTENSILS

large frypan, saucepan

## NOTES

If the risoni clumps together, rinse again under cold running water before tossing with vegetables at step 5.

If desired, serve with crumbled feta cheese or shaved parmesan.

**No gluten option - pasta is replaced with quinoa.** Place quinoa in a saucepan, cover with plenty of water. Bring to a boil and simmer for 10-15 minutes until tender. Drain and rinse.



Scan the QR code to submit a Google review!



### 1. COOK THE RISONI

Bring a saucepan of water to a boil. Add **risoni** and cook in boiling water for 8-10 minutes until al dente. Reserve **1/3 cup cooking liquid**. Drain risoni.



### 2. MAKE THE MEATBALLS

Zest **lemon** (reserve remaining lemon) and crush **garlic**. Add to **lamb** along with **salt and pepper**. Mix to combine. Form teaspoonful meatballs.



### 3. COOK THE MEATBALLS

Heat a frypan over medium-high heat with **oil**. Add meatballs and cook for 8-10 minutes until browned all over. Remove to a plate and reserve pan for step 5.



### 4. PREPARE THE INGREDIENTS

Halve **tomatoes**, slice **capsicum** and pick **oregano leaves**.



### 5. TOSS THE RISONI

Add risoni (see notes), **baby spinach**, tomatoes, capsicum, **reserved cooking liquid** and **2 tbsp olive oil** to reserved frypan. Squeeze in juice from **1/2 lemon** (wedge remaining). Season with **salt and pepper**. Toss to combine.



### 6. FINISH & SERVE

Divide risoni among shallow bowls. Top with meatballs and serve with oregano and lemon wedges (see notes).

**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**

