



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 a one-pan, this meal is easy and mess free.



20 minutes



4 servings



Pork

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	38g	25g	69g

FROM YOUR BOX

BROWN ONION	1
CELERY STICKS	2
GARLIC CLOVES	2
CHOPPED TOMATOES	400g
RISONI	250g
ZUCCHINI	1
PORK MEATBALLS	1
BROCCOLI	1
BASIL	20g
SHAVED PARMESAN	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 large 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 **2 tsp dried oregano**.



2. ADD RISONI AND SIMMER

Stir in chopped tomatoes and risoni, combine well. Add **2 cups water** and grate in zucchini. Cover and simmer over medium heat for 8 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, cook for 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**

