

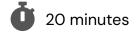




Meatballs and Risoni

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.





4 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.

30g

g

58g

FROM YOUR BOX

BROWN ONION	1
CELERY STICKS	2
GARLIC CLOVES	2
CHOPPED TOMATOES	400g
RISONI	250g
ZUCCHINI	1
PORK MEATBALLS	500g
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

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.





1. SAUTÉ 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 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, cook for further 5 minutes or until risoni and broccoli are both cooked through (see notes). 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.





