



Product Spotlight: Ricotta

Ricotta means re-cooked. It is a fresh, soft Italian cheese made with whey. Whey is a liquid by-product in cheese making that is usually discarded, so it's a great sustainable product!



Meatballs with Ricotta

Hearty beef meatballs simmered in a rich tomato sauce, tossed through pasta, topped with dollops of creamy ricotta and fresh basil.



30 minutes



4 servings



Beef

Bulk it up!

For extra veggies, add a grated zucchini, sliced mushrooms, or baby spinach to the sauce at step 4.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	35g	37g	43g

FROM YOUR BOX

LONG PASTA	500g
BEEF MINCE	600g
BROWN ONION	1
GARLIC CLOVES	2
CARROTS	2
TOMATO PASSATA	700ml
BASIL	20g
RICOTTA	250g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, Italian herbs, dried rosemary

KEY UTENSILS

large frypan, saucepan

NOTES

For extra flavour in the meatballs, add bread crumbs, grated parmesan, and an egg. We've intentionally created large meatballs, form into 1 tbsp size balls for smaller meatballs.

The meatballs don't need to be cooked through at this stage as they will continue cooking at stage 4.

Ricotta can be flavoured with lemon zest, fennel seeds, or dried chilli flakes, and salt and pepper.

No gluten option – pasta is replaced with GF pasta.



1. COOK THE PASTA

Bring a saucepan of water to a boil. Add **pasta** and cook according to packet instructions or until al dente. Reserve **1 cup cooking liquid** and drain **pasta**.



2. PREPARE THE INGREDIENTS

Dice **onion**, grate **carrot** and crush **garlic**.

Add **mince** to a bowl along with **1 tbsp Italian herbs**, **1/2 crushed garlic**, **salt and pepper** (see notes). Form into 8 large **meatballs**.



3. BROWN THE MEATBALLS

Heat a large frypan over medium-high heat with **oil**. Add **meatballs** and cook for 4-6 minutes (see notes) until browned all over. Remove to a plate and keep pan over heat for step 4.



4. SIMMER THE SAUCE

Add extra **oil** to pan. Add **onion**, remaining **garlic**, **carrot** and **3 tsp rosemary**. Sauté for 4 minutes until **onion** softens. Reduce to medium heat. Add **passata**, **meatballs** and **3/4 cup water**. Simmer, semi-covered, for 5-7 minutes until vegetables are softened and sauce has thickened.



5. TOSS THE PASTA

Remove **meatballs** from the **sauce**. Add drained **pasta** and toss until well coated. Add **cooking liquid** as necessary to loosen the sauce. Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Finely chop **basil** (see notes).

Divide **pasta** among shallow bowls. Top with **meatballs**, dollop on **ricotta** and garnish with **basil**.

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