



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!



Beef 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



4/6 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
4/6 Person:	38g/42g	19g	48g/34g

FROM YOUR BOX

	4 PERSON	6 PERSON
LONG PASTA	500g	500g
BEEF MINCE	600g	600g + 300g
BROWN ONION	1	2
GARLIC CLOVES	2	3
CARROTS	2	3
TOMATO PASSATA	700ml	700ml
BASIL	20g	20g
RICOTTA	250g	250g

FROM YOUR PANTRY

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

KEY UTENSILS

large frypan, saucepan

NOTES

For extra flavour, mix grated parmesan and chopped fresh basil into the mince. Add an egg if you'd like them to hold together more firmly. We've intentionally made large meatballs. Roll into 1 tbsp balls for smaller ones.

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

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

Dice **onion**, grate **carrots** and crush remaining **garlic clove**.

6P- use 2 garlic cloves for the meatballs.



3. BROWN THE MEATBALLS

Heat a large frypan over medium-high heat with **oil**. Add **meatballs** and cook for 4–6 minutes 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, garlic, carrot** and **3 tsp dried rosemary**. Sauté for 3–5 minutes until softened. Reduce to medium heat. Add **passata** and **1/2 cup water**, return **meatballs**. 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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