



Product Spotlight: Celery

Celery is low in kilojoules and brings a fresh, aromatic base to soups and sauces. Both the stalks and leaves are edible.



Chicken Meatballs

And Cheesy Risoni

Italian meatballs with pasta – it can never go wrong! Risoni and tomato sauce cooked in one pan, this meal is easy and mess free.



20 minutes



4/6 servings



Chicken

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.

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	42g/50g	20g/23g	35g

FROM YOUR BOX

	4 PERSON	6 PERSON
BROWN ONION	1	1
CELERY STICKS	2	3
GARLIC CLOVES	2	3
CHOPPED TOMATOES	400g	2 x 400g
RISONI	250g	250g + 125g
ZUCCHINI	1	1
CHICKEN MEATBALLS	500g	2 x 500g
BROCCOLI	1	2
BASIL	20g	20g
PARMESAN CHEESE	1 packet	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.



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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**.

6P – use 1 tbsp 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 10 minutes (see step 4). Stir occasionally.

6P – use 3 cups water.



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.

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