

**Product Spotlight:
Lemon**

Thanks to its anti-bacterial properties, lemon juice mixed with hot water is a great remedy for a sore throat!



Italian Lemon Meatball Soup

Perfect for warming up on cooler evenings, this wholesome lemon and herb soup features beef meatballs, buckwheat and silverbeet, finished with parmesan cheese.



30 minutes



4 servings



Beef

Spice it up!

Add a sprinkle of dried chilli flakes to garnish the soup if you like a bit of heat!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	45g	17g	44g

FROM YOUR BOX

BROWN ONION	1
CARROTS	2
BUCKWHEAT	100g
VEGETABLE STOCK PASTE	1 jar
LEMON	1
BEEF MINCE	600g
SILVERBEET	1 bunch
TINNED BORLOTTI BEANS	400g
DILL	1 packet
PARMESAN CHEESE	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, fennel seeds, dried Italian herbs

KEY UTENSILS

frypan, large saucepan

NOTES

If you don't have fennel seeds you can use dried oregano, crushed garlic or fresh chopped rosemary to flavour the meatballs!



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1. SAUTÉ THE VEGETABLES

Heat a large saucepan over medium-high heat with **olive oil**. Dice and add onion and carrots. Cook for 3 minutes until softened.



2. SIMMER THE SOUP

Add buckwheat, vegetable stock paste and **2 tsp dried Italian herbs**. Pour in **1.7L water** and stir to combine. Cover bring to a boil and simmer for 10 minutes.



3. PREPARE THE MEATBALLS

Meanwhile, add lemon zest and **2 tsp fennel seeds** to beef mince (see notes). Season with **salt and pepper**. Roll into tablespoon-sized meatballs.



4. ADD THE MEATBALLS

Heat a frypan over medium-high heat with **oil**. Add meatballs and cook for 8-10 minutes until cooked through.



5. ADD THE SILVERBEET

Rinse and slice silverbeet. Add to soup and simmer until wilted. Stir in beans and meatballs. Take off heat. Add 1/2 lemon juice (wedge remaining) and season with **salt and pepper** to taste.



6. FINISH AND SERVE

Chop dill fronds and use to garnish along with parmesan cheese. Finish with a drizzle of **olive oil** and serve with lemon wedges.

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