



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: CELERY

Celery is well known for being low in calories but its health benefits go far beyond that. Unlike many other vegetables, celery retains most of its nutrients, even after cooking!

2. MEATBALLS

WITH RISONI ONE PAN

 20 Minutes

 4 Servings

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.

FROM YOUR BOX

| | |
|------------------|--------------|
| BROWN ONION | 1 |
| CELERY STICKS | 2 |
| GARLIC CLOVES | 2 |
| CRUSHED TOMATOES | 400g |
| RISONI PASTA | 1 tub (250g) |
| ZUCCHINI | 1/2 * |
| PORK MEATBALLS | 1 packet |
| BROCCOLI | 1 |
| BASIL | 1 packet |
| PARMESAN CHEESE | 1 packet |

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil/butter (for cooking), salt, pepper, dried oregano

KEY UTENSILS

large pan with lid, frypan

NOTES

No pork option - pork meatballs are replaced with chicken meatballs.

No gluten option - risoni pasta 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 oregano**.



2. AND RISONI AND SIMMER

Stir in crushed tomatoes and risoni, combine well. Add **2 cups water** and grate in zucchini. Cover and simmer over medium heat for 10 minutes (see step 5).



3. COOK THE MEATBALLS

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 with risoni, cook for further 2-3 minutes. 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.

How did the cooking go? We'd love to know - help us by sharing your thoughts!
Want to chat? Call us Mon-Tue 8.30am-6.00pm, Wed-Fri 8.30am-4.00pm on 1300 135 660 or text us anytime on 0481 072 599.

