

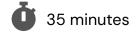


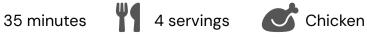


Lemon Thyme Meatballs

with Creamy Pumpkin Risoni

Fragrant and herbaceous lemon thyme chicken meatballs, served over a bright butternut pumpkin risoni with creamy ricotta and a side of broccoli.







Switch it up!

Instead of pan-frying, spoon meatballs onto a lined oven tray and bake until golden brown.

TOTAL FAT CARBOHYDRATES

FROM YOUR BOX

BROWN ONION	1
CELERY STICKS	2
BUTTERNUT PUMPKIN	1
RISONI	250g
LEMON THYME	1 packet
CHICKEN MINCE	222
CHICKEN MINCE	600g
RICOTTA	1 packet
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FROM YOUR PANTRY

oil/butter for cooking, salt, pepper, dried rosemary, stock cube (of choice)

KEY UTENSILS

2 frypans

NOTES

To quickly remove thyme leaves, place your fingers at the bottom of the stem, hold it upside down and firmly slide the leaves down.

No gluten option - pasta is replaced with arborio rice. Stir frequently at step 2 and add extra water as necessary. Cook until rice is tender.





1. SAUTÉ THE AROMATICS

Dice onion and slice celery. Peel and dice pumpkin. Heat a large frypan over medium-high heat with oil or butter. Add onion, celery and 2 tsp rosemary to pan and sauté for 3 minutes until onion softens. Add pumpkin and sauté for a further 5 minutes.



2. SIMMER THE RISONI

Add risoni to pan and toast for 1 minute. Add crumbled **stock cube** and pour in **3 cups water**. Simmer, semi-covered for 10-15 minutes until risoni is tender.



3. MAKE THE MEATBALLS

Pick thyme leaves (see notes). Add 1/2 leaves to a bowl along with mince, 1 tbsp ricotta, salt and pepper. Mix to combine.



4. COOK THE MEATBALLS

Heat a second frypan over medium-high heat with **oil or butter.** Spoon 1 tbsp size meatballs into pan. Cook for 8-10 minutes, turning occasionally, until cooked through. Remove and keep pan over heat.



5. COOK THE BROCCOLI

Chop broccoli into florets. Add to pan as you go. Pour in **1/4 cup water**. Cook, covered, for 3 minutes until broccoli is tender. Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Divide risoni among shallow bowls. Dollop on ricotta. Top with meatballs, serve broccoli and garnish with remaining thyme leaves.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the My Recipes tab in your Profile and leave a review! Text us on 0481 072 599 or send an email to hello@dinnertwist.com.au



