



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!



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.



35 minutes



4 servings



Chicken

Switch it up!

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

Per serve: **PROTEIN** 51g **TOTAL FAT** 11g **CARBOHYDRATES** 91g

FROM YOUR BOX

BROWN ONION	1
CELERY STICKS	2
BUTTERNUT PUMPKIN	1
RISONI	250g
LEMON THYME	1 packet
CHICKEN MINCE	600g
RICOTTA	1 packet
BROCCOLI	1

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.



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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.



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.



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.



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**.



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.



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**

