



# Lamb Meatballs

with Lemon Orzo

Zesty lamb meatballs paired with a fresh and vibrant risoni salad, featuring crisp capsicum, spring onions, and lemon dressing.



25 minutes



2 servings



Lamb

## FROM YOUR BOX

RISONI	125g
SPRING ONIONS	1 bunch
LAMB MINCE	300g
LEMON	1
RED CAPSICUM	1

## FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper

## NOTES

**No gluten option – risoni is replaced with brown rice.** Place rice in a saucepan and cover with water. Bring to a boil and simmer for 20 minutes, or until tender. Drain and rinse.

## 1. COOK THE RISONI

Bring a saucepan of water to a boil. Add **risoni** and cook in boiling water for 8–10 minutes until al dente. Drain and rinse.

**TIP** *Add some extra flavour to the risoni by stirring through some butter, crushed garlic or dried herb. We added 1 tsp dried oregano.*

## 2. COOK THE LAMB

Finely chop **1/2 spring onion** (white end). Combine with **lamb mince**, 1 tsp **lemon** zest, **salt and pepper**. Use **oiled** hands to shape into 1 tbsp size meatballs. Cook in a frypan over medium–high heat with **oil** for 8–10 minutes, turning until cooked through.

**TIP** *You can also add a dried herb or ground spice to the lamb for flavour. Ground cumin, paprika and dried oregano work well!*

## 3. TOSS THE RISONI

Whisk together **1/2 lemon juice** with **2 tbsp olive oil, salt and pepper**. Thinly slice remaining **spring onions** (use to taste) and finely dice **capsicum**. Toss all together with cooked risoni.

**TIP** *You can add chopped parsley, baby spinach, cherry tomatoes, sliced olives or crumbled feta cheese if you have some.*

## 4. FINISH AND SERVE

Serve lamb meatballs with risoni.

**TIP** *Wedge remaining lemon and serve with lamb meatballs, or slice into crescents and toss through risoni.*

**This recipe has simplified instructions to help lower your meal cost.**