



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



4 servings



Lamb

FROM YOUR BOX

RISONI	250g
SPRING ONIONS	1 bunch
LAMB MINCE	600g
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 spring onion**. Combine with **lamb mince**, **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** 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.