



# One-Pot Slow-Cooked Pork Meatball & Risoni Bake

with Pesto & Flaked Almonds

WINTER WARMERS

Grab your Meal Kit with this symbol



Pork Mince



Fine Breadcrumbs



Garlic & Herb Seasoning



Garlic



Chicken-Style Stock Powder



Risoni



Silverbeet



Thickened Cream



Basil Pesto



Flaked Almonds



Beef Mince

Prep in: 15-25 mins  
Ready in: 75-85 mins

The beauty of this slow-cooked recipe is that it requires minimal prep, with most of the magic happening in the oven. Simply roll and sear the meatballs before popping them in the oven; add the risoni and make it saucy towards the end and dinner is done!

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Egg, Butter

## Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Large ovenproof saucepan with a lid (or foil)

## Ingredients

|                            | 2 People        | 4 People                             |
|----------------------------|-----------------|--------------------------------------|
| <b>olive oil*</b>          | refer to method | refer to method                      |
| pork mince                 | 1 small packet  | 2 small packets<br>OR 1 large packet |
| fine breadcrumbs           | 1 medium packet | 1 large packet                       |
| garlic & herb seasoning    | 1 medium sachet | 1 large sachet                       |
| <b>egg*</b>                | 1               | 2                                    |
| garlic                     | 2 cloves        | 4 cloves                             |
| chicken-style stock powder | 1 medium sachet | 1 large sachet                       |
| <b>water*</b>              | 2 cups          | 4 cups                               |
| risoni                     | 1 medium packet | 1 large packet                       |
| silverbeet                 | 1 medium bag    | 1 large bag                          |
| thickened cream            | 1 packet        | 2 packets                            |
| <b>butter*</b>             | 20g             | 40g                                  |
| basil pesto                | 1 packet        | 2 packets                            |
| flaked almonds             | 1 medium packet | 1 large packet                       |
| beef mince**               | 1 small packet  | 2 small packets<br>OR 1 large packet |

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

| Avg Qty          | Per Serving      | Per 100g        |
|------------------|------------------|-----------------|
| Energy (kJ)      | 4189kJ (1001Cal) | 1029kJ (246Cal) |
| Protein (g)      | 45.2g            | 11.1g           |
| Fat, total (g)   | 56.5g            | 13.9g           |
| - saturated (g)  | 21.4g            | 5.3g            |
| Carbohydrate (g) | 76.4g            | 18.8g           |
| - sugars (g)     | 6.6g             | 1.6g            |
| Sodium (mg)      | 1404mg           | 345mg           |

### Custom Recipe

| Avg Qty          | Per Serving      | Per 100g        |
|------------------|------------------|-----------------|
| Energy (kJ)      | 4215kJ (1007Cal) | 1036kJ (248Cal) |
| Protein (g)      | 48.6g            | 11.9g           |
| Fat, total (g)   | 55.5g            | 13.6g           |
| - saturated (g)  | 21.8g            | 5.4g            |
| Carbohydrate (g) | 76.4g            | 18.8g           |
| - sugars (g)     | 6.6g             | 1.6g            |
| Sodium (mg)      | 1406mg           | 345mg           |

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns



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## Make the meatballs

- Preheat oven to **180°C/160°C fan-forced**.
- In a medium bowl, combine **pork mince**, **fine breadcrumbs**, **garlic & herb seasoning**, the **egg** and a pinch of **salt** and **pepper**.
- Using damp hands, roll heaped spoonfuls of the **mixture** into small meatballs (4-5 per person).
- In a large ovenproof saucepan, heat a generous drizzle of **olive oil** over medium-high heat. Cook **meatballs**, turning, until browned, **5-7 minutes** (cook in batches if your pan is getting crowded).

**Custom Recipe:** If you've swapped to beef mince, combine the meatballs the same way as above.

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## Cook the risoni

- Remove pan from oven. Remove lid or foil, then stir in **risoni** until combined.
- Cover again, then return to oven to continue baking, until liquid is almost absorbed, **25-30 minutes**.
- Meanwhile, roughly chop **silverbeet**.
- Remove pan from oven. Stir in **thickened cream**, the **butter**, **silverbeet**, **basil pesto** and a splash of **water**.
- Return to oven, covered. Bake until risoni is 'al dente', a further **10 minutes**.

**TIP:** 'Al dente' risoni is cooked through but still slightly firm in the centre.

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## Bake the meatballs

- While **meatballs** are browning, finely chop **garlic**.
- Once **meatballs** have browned, add **garlic** and cook until fragrant, **1 minute**.
- Stir in **chicken-style stock powder** and the **water**. Season, then bring to the boil.
- Cover saucepan with a lid (or tightly with foil). Transfer to oven. Bake until meatballs are tender, **25-30 minutes**.

**TIP:** If you don't have an ovenproof saucepan, transfer the mixture to a baking dish instead!

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## Serve Up

- Remove pork meatball and risoni bake from oven. Season with salt and pepper. Divide between bowls.
- Sprinkle with **flaked almonds** to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

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