

One-Pot Slow-Cooked Pork Meatball & Risoni Bake with Pesto & Flaked Almonds

Grab your Meal Kit with this symbol





Garlic & Herb Seasoning



Risoni

Fine Breadcrumbs

Garlic

Chicken-Style Stock Powder







Basil Pesto

Flaked Almonds



Pantry items Olive Oil, Egg, Butter

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!



WINTER WARMERS

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

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
olive oil*	refer to method	refer to method
pork mince	1 small packet	2 small packets OR 1 large packet
fine breadcrumbs	1 medium packet	1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
egg*	1	2
garlic	2 cloves	4 cloves
chicken-style stock powder	1 medium sachet	1 large sachet
water*	2 cups	4 cups
risoni	1 medium packet	1 large packet
silverbeet	1 medium bag	1 large bag
thickened cream	1 packet	2 packets
butter*	20g	40g
basil pesto	1 packet	2 packets
flaked almonds	1 medium packet	1 large packet
beef mince**	1 small packet	2 small packets 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** for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!





Make the meatballs

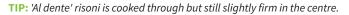
- Preheat oven to 180°C/160°C fan-forced.
- In a medium bowl, combine pork mince, fine breadcrumbs, garlic & herb seasoning, the egg and a pinch of salt and pepper.
- Using damp hands, roll heaped spoonfuls of the **mixture** into small meatballs (4-5 per person).
- In a large ovenproof saucepan, heat 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.



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.





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!



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!

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