



Beef Meatballs & Red Pesto Risoni

with Baby Spinach & Parmesan

Grab your Meal Kit with this symbol



Garlic



Carrot



Diced Tomatoes With Garlic & Onion



Beef-Style Stock Powder



Risoni



Fine Breadcrumbs



Garlic & Herb Seasoning



Baby Spinach Leaves



Beef Mince



Grated Parmesan Cheese



Red Pesto

Prep in: 30-40 mins
Ready in: 35-45 mins

Give rissoles a herby hit of flavour with some help from our trusty garlic and herb seasoning. Serve over a sun-dried tomato and chargrilled capsicum-based pesto risoni, and meet your new favourite dinner.

Pantry items

Olive Oil, Brown Sugar, Egg, Butter

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
carrot	1	2
diced tomatoes with garlic & onion	1 box	2 boxes
water*	1¾ cups	3½ cups
brown sugar*	1 tsp	2 tsp
beef-style stock powder	1 large sachet	2 large sachets
risoni	1 medium packet	1 large packet
beef mince	1 small packet	1 medium packet
egg*	1	2
fine breadcrumbs	½ medium packet	1 medium packet
garlic & herb seasoning	1 medium sachet	1 large sachet
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
red pesto	1 packet (50g)	1 packet (100g)
butter*	20g	40g
baby spinach leaves	1 medium bag	1 large bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4124kJ (986Cal)	657kJ (157Cal)
Protein (g)	52.4g	8.4g
Fat, total (g)	47g	7.5g
- saturated (g)	16.5g	2.6g
Carbohydrate (g)	84.2g	13.4g
- sugars (g)	20.8g	3.3g
Sodium (mg)	2485mg	396mg

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.



Get prepped

- Finely chop **garlic**.
- Grate **carrot**.

Little cooks: Older kids can help grate the carrot under adult supervision.



Cook the meatballs

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **meatballs**, turning, until browned and cooked through, **8-10 minutes**. Remove from heat.

TIP: The seasoning may char slightly in the pan, this adds to the flavour!

TIP: Reduce heat to medium if the meatballs are browning too quickly.



Start the risoni

- In a medium saucepan, heat a drizzle of **olive oil** over medium-high heat. Cook **carrot** until softened, **2-3 minutes**. Add **garlic** and cook until fragrant, **1 minute**. Add **diced tomatoes with garlic & onion**, the **water**, the **brown sugar**, **beef-style stock powder** and **risoni**.
- Bring to the boil, then reduce heat to medium-low. Simmer, stirring occasionally, until risoni is 'al dente' and water is absorbed, **15-18 minutes**.

TIP: Add a dash more water to loosen the risoni, if needed.



Finish the risoni

- When the risoni is ready, reduce heat to low.
- Add some **grated Parmesan cheese** (reserve some for garnish!), **red pesto**, the **butter** and **baby spinach leaves**. Cook, stirring, until spinach is wilted, **1-2 minutes**.
- Remove from heat. Season to taste.



Make the meatballs

- While the risoni is cooking, combine **beef mince**, the **egg**, **fine breadcrumbs** (see ingredients), **garlic & herb seasoning** and a pinch of **salt** and **pepper** in a large bowl.
- Using damp hands, shape heaped spoonfuls of **mixture** into meatballs (5-6 per person). Transfer to a plate.

Little cooks: Join the fun by helping combine and roll the meatball mixture!



Serve up

- Divide red pesto risoni between bowls. Top with herby beef meatballs.
- Sprinkle with remaining Parmesan to serve. Enjoy!

Little cooks: Add the finishing touch by sprinkling the Parmesan on top!

We're here to help!

Scan here if you have any questions or concerns



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