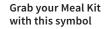


Beef Meatballs & Red Pesto Risoni

with Baby Spinach & Parmesan













Diced Tomatoes With Garlic & Onion













Garlic & Herb Seasoning

Baby Spinach







Cheese



Red Pesto



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
refer to method	refer to method
2 cloves	4 cloves
1	2
1 box	2 boxes
1¾ cups	3½ cups
1 tsp	2 tsp
1 large sachet	2 large sachets
1 medium packet	1 large packet
1 small packet	1 medium packet
1	2
½ medium packet	1 medium packet
1 medium sachet	1 large sachet
1 packet (30g)	2 packets (60g)
1 packet (50g)	1 packet (100g)
20g	40g
1 medium bag	1 large bag
	refer to method 2 cloves 1 1 box 1¼ cups 1 tsp 1 large sachet 1 medium packet 1 small packet 1 wedium packet 1 medium sachet 1 packet (30g) 1 packet (50g) 20g 1 medium

^{*}Pantry Items

Nutrition

Per Serving	Per 100g
4124kJ (986Cal)	657kJ (157Cal)
52.4g	8.4g
47g	7.5g
16.5g	2.6g
84.2g	13.4g
20.8g	3.3g
2485mg	396mg
	4124kJ (986Cal) 52.4g 47g 16.5g 84.2g 20.8g

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.



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.



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!



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.



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.



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!

