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Chicken & Thyme Meatballs with Risoni

Holy Risoni! Great balls of chicken! This dish will have you rocking and rolling all night long. These chicken meatballs infused with thyme are a lighter twist on the classic beef variety, to put plenty of vim and vigour in your step. Along with a fiery tomato sauce and pearls of risoni, this is a meal to enliven the senses.



Prep: 10 mins

Cook: 20 mins

Total: 30 mins



level 1



high protein



eat me early

Pantry Items



Olive Oil



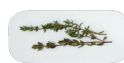
Chicken Mince



Lemon



Garlic



Thyme



Brown Onion



Chilli Flakes



Diced Tomatoes



Risoni



Baby Spinach



Parmesan Cheese

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2P	4P	Ingredients	
300 g	600 g	chicken mince	
½	1	lemon, zested & cut into wedges	⊕
2 cloves	4 cloves	garlic, peeled & crushed	⊕
1 bunch	2 bunches	thyme, leaves picked	
2 tsp	1 tbs	olive oil *	
½	1	brown onion, finely sliced	⊕
½ tsp	1 tsp	chilli flakes	
1 tin	2 tins	diced tomatoes	
1 bag	2 bags	baby spinach, washed	
½ cup	1 cup	risoni	
½ block	1 block	Parmesan cheese, finely grated	

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	2370	Kj
Protein	20.9	g
Fat, total	20.9	g
-saturated	6.6	g
Carbohydrate	47.1	g
-sugars	9.8	g
Sodium	286	mg

1a



You will need: *chef's knife, chopping board, garlic crusher, fine grater, large bowl, gloves, medium frying pan, plate, medium saucepan and a sieve.*

1 In a large bowl combine the **chicken mince**, **lemon zest**, half the **garlic** and half the **thyme**. Season with **salt** and **pepper**. Using gloved hands roll the mixture into meatballs (4-5 per person).

1b



2 Heat the **olive oil** in a medium frying pan over a medium-high heat. Cook the meatballs for **4-5 minutes**, turning occasionally or until browned and almost cooked through (they will continue cooking later). Set aside on a plate.

2



3 Place the same frying pan back over a medium-high heat. Add the **brown onion** and cook for **5 minutes** or until soft. Add the remaining garlic and the **chilli flakes** and cook for **1 minute** or until fragrant. Add in the **diced tomatoes** and bring to the boil. Reduce the heat immediately to medium-low. Add the meatballs back to the pan and simmer, covered, for **8 minutes** or until the meatballs are cooked through and the sauce has thickened and reduced slightly. Stir through the **baby spinach** until wilted and then remove from the heat.

4 Meanwhile, bring a medium saucepan of hot water to the boil. Season with salt and then add the **risoni**. Cook for **8 minutes** or until 'al dente'. Drain.

3



5 To serve, divide the risoni between plates and top with the chicken and thyme meatball mixture. Garnish with the **Parmesan cheese**, and remaining thyme. Serve with the **lemon wedges**.

Did you know? Thyme symbolises courage. Roman soldiers bathed in water infused with thyme to gain vigour, strength and courage.