



# Pork Meatball & Pesto Risoni

with Roast Pumpkin & Zucchini

Grab your Meal Kit with this symbol



Garlic



Brown Onion



Zucchini



Baby Spinach Leaves



Flaked Almonds



Peeled & Chopped Pumpkin



Pork Mince



Fine Breadcrumbs



Dried Oregano



Chilli Flakes (Optional)



Risoni



Tomato Paste



Chicken Stock Pot



Basil Pesto

Hands-on: **25-35 mins**  
Ready in: **35-45 mins**

Spicy (optional chilli flakes)

You've had meatballs, but have you had it with Italian-style risoni? With basil pesto, dried oregano and loads of veggies in the mix, it's got flavour and texture with every delicious bite!

### Pantry items

Olive Oil, 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

Large frying pan · Oven tray lined with baking paper · Large saucepan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
brown onion	1	2
zucchini	1	2
baby spinach leaves	1 bag (30g)	1 bag (60g)
flaked almonds	1 packet	2 packets
peeled & chopped pumpkin	1 packet (200g)	1 packet (400g)
pork mince	1 small packet	1 medium packet
fine breadcrumbs	1 packet	2 packets
egg*	1	2
dried oregano	1 sachet	2 sachets
salt*	¼ tsp	½ tsp
chilli flakes (optional)	pinch	pinch
risoni	1½ packets	3 packets
tomato paste	1 sachet (50g)	2 sachets (100g)
water*	2 cups	4 cups
chicken stock pot	1 tub (20g)	1 tub (40g)
butter*	20g	40g
basil pesto	1 packet (50g)	1 packet (100g)

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3501kJ (836Cal)	528kJ (126Cal)
Protein (g)	45.8g	6.9g
Fat, total (g)	34.9g	5.3g
- saturated (g)	12.3g	1.9g
Carbohydrate (g)	78.6g	11.9g
- sugars (g)	16.8g	2.5g
Sodium (mg)	1321mg	199mg

## 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.



## Get prepped

Preheat the oven to **240°C/220°C fan-forced**. Finely chop the **garlic**. Finely chop the **brown onion**. Cut the **zucchini** into 2cm half-moons. Roughly chop the **baby spinach leaves**. Heat a medium frying pan over a medium-high heat. Add the **flaked almonds** and toast until golden, **2-3 minutes**. Transfer to a bowl.



## Sear the meatballs

Heat a drizzle of **olive oil** in a large frying pan over a medium-high heat. When the pan is hot, cook the **meatballs**, turning occasionally, for **5-6 minutes** or until browned (they will continue cooking in step 5). Transfer to a plate. Cook the **onion**, stirring, until softened, **4 minutes**. Add a pinch of **chilli flakes** (if using) and the remaining **garlic** and cook until fragrant, **1 minute**.



## Roast the veggies

Place the **peeled & chopped pumpkin** and **zucchini** on an oven tray lined with baking paper. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Spread in a single layer and roast until tender, **20-25 minutes**.



## Cook the risoni

Add the **risoni** (see ingredients) and **tomato paste** to the pan and stir to combine. Return the **meatballs**, then add the **water** and **chicken stock pot**. Bring to the boil, cover with a lid or foil, reduce the heat to medium-low and simmer, stirring occasionally, until the risoni is 'al dente', **12-15 minutes**. Add the **butter** and stir until melted, **1 minute**. Add the **spinach**, **roast veggies** and **basil pesto**. Stir to combine and season to taste.



## Make the meatballs

While the veggies are roasting, combine the **pork mince**, **fine breadcrumbs**, **egg**, **dried oregano**, the **salt** and 1/2 the **garlic** in a medium bowl. Season with **pepper**. Using damp hands, shape a heaped spoonful of the pork mixture into a meatball. Place on a plate and repeat with the remaining mixture. The mixture should make 5-6 meatballs per person.



## Serve up

Divide the pork meatballs and pesto risoni between bowls. Top with the flaked almonds.

## Enjoy!