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## Beef & Fetta Meatballs with Risoni

Holy risoni! Great balls of beef! This dish will have you rocking and rolling all night long. These beef meatballs have a surprise inside each of them – a delicious burst of fetta – and they’re so good! Along with a lively tomato sauce and pearls of risoni, this is a meal to delight the senses.

 **Prep:** 15 mins  
 **Cook:** 25 mins  
 **Total:** 40 mins

 **level 1**  
 **helping hands**

### Pantry Items



Olive Oil



Sugar



Gourmet Meatball Mince



Fetta Cheese



Garlic



Carrot



Diced Tomatoes



Parsley



Risoni







Mint

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QTY	Ingredients	
1 packet	gourmet meatball mince	
1 block	fetta cheese, cut into 2 mm cubes	
1 tbs	olive oil *	
2 cloves	garlic, peeled & crushed	
1	carrot, peeled & grated	
2 tins	diced tomatoes	
2 tsp	sugar *	
½ bunch	parsley, finely chopped	
2 packets	risoni	
1 bunch	mint, finely chopped	

 Ingredient features in another recipe

\* Pantry Items

 Pre-preparation

#### Nutrition per serve

Energy	2750	Kj
Protein	40.7	g
Fat, total	40.2	g
-saturated	16	g
Carbohydrate	30	g
-sugars	10.7	g
Sodium	1110	mg



**You will need:** *chef's knife, chopping board, vegetable peeler, box grater, medium frying pan, tongs, wooden spoon, medium saucepan and colander.*



**1** Roll the **gourmet meatball mince** into meatballs (we recommend 3 medium meatballs per person). Insert a square of **fetta cheese** into the middle of each meatball and squeeze to seal tightly. Crumble any remaining fetta cheese and set aside for garnish.

**2** Heat the **olive oil** in a medium frying pan over a medium-high heat. Add the meatballs and cook, turning, for **5-6 minutes**, or until browned. Add the **garlic** and **carrot**, and cook, stirring, for **1 minute**. Add the **diced tomatoes** and bring to the boil. Reduce to a medium-low heat, add the **sugar** and **parsley**, and simmer for **10-15 minutes**, or until reduced slightly. Season to taste with **salt** and **pepper**.

**3** Meanwhile, bring a medium saucepan of salted water to the boil. Add the **risoni** and cook for **8 minutes**, or until 'al dente'. Drain.



**4** To serve, divide the risoni between bowls. Top with the meatballs and sauce, garnish with the **mint** and any remaining fetta cheese.



**Did you know?** The carrot is in the top 10 of the most economically important global vegetable crops.