



ONE-PAN BEEF MEATBALLS

with Tomato & Bacon Risoni



Add flavour to risoni with bacon



Oregano



Thyme



Garlic



Zucchini



Red Onion



Bacon



Beef Mince



Fine Breadcrumbs



Risoni



Diced Tomatoes With Garlic & Olive Oil



Beef Stock



Shredded Cheddar Cheese



Mixed Salad Leaves



Cucumber

Hands-on: 30 mins
Ready in: 40 mins

Fuss-free is the name of this dinner game with these cheesy, tender meatballs that are cooked in a simple tomato sauce. Everything is cooked in the same big frying pan, meaning less washing up for you, and more rich, Italian flavours for the whole family – it's a win-win!

Pantry Staples: Olive Oil, Eggs, Brown Sugar, Balsamic Vinegar (or Red Wine Vinegar), Honey

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **large frying pan**



1 GET PREPPED

Pick the **thyme** leaves. Finely chop the **garlic** (or use a garlic press). Finely chop the **red onion**. Pick and roughly chop the **oregano** leaves. Roughly chop the **bacon** into 1cm pieces. Grate the **zucchini**.



2 MAKE THE MEATBALLS

In a large bowl, combine the **beef mince**, **salt**, **thyme**, **garlic**, **egg** and **fine breadcrumbs**. Using damp hands, shape 1 heaped tablespoon of mixture into a small meatball. Set aside on a plate and repeat with remaining mixture. You should get about 20 meatballs.



3 BROWN THE MEATBALLS

In a large frying pan, heat a **drizzle** of **olive oil** over a high heat. Once hot, add the **meatballs** and cook, turning occasionally, for **2-3 minutes** or until browned (they will continue cooking in step 4). Transfer to a plate. Return the pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **bacon**, and cook for **4-5 minutes** or until golden. Add the **red onion** and **grated zucchini** and cook for **2-3 minutes** or until slightly softened.



4 BRING IT ALL TOGETHER

Add the **risoni** to the pan with the **bacon** and stir to coat. Add the **diced tomatoes with garlic & olive oil**, **water**, **brown sugar**, **oregano** and crumble in **1 beef stock** cube. Return the **meatballs** to the pan and bring the boil. Cover with a lid (or foil), then reduce the heat to medium and simmer, for **12-15 minutes**, or until the risoni is 'al-dente' and the meatballs are cooked through. Season to taste with **salt** and **pepper**. Sprinkle with the **shredded Cheddar cheese**.



5 MAKE THE SALAD

While the risoni is cooking, cut the **cucumber** into 1cm chunks. In a medium bowl, combine the **balsamic vinegar**, **honey** and **1 tbs olive oil**. Add the **cucumber** and **mixed salad leaves** and toss to coat.

TIP: Toss your salad just before serving to keep the leaves crisp!



6 SERVE UP

Divide the cheesy beef meatballs with tomato and bacon risoni between bowls. Serve the salad on the side.

TIP: For kids, follow our serving suggestion in the main photo!

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
thyme	1 bunch
garlic	2 cloves
red onion	1
oregano	1 bunch
bacon	1 packet
zucchini	2
beef mince	1 packet
salt*	½ tsp
eggs*	2
fine breadcrumbs	2 packets
risoni	2 packets
diced tomatoes with garlic & olive oil	1 box
water*	1¾ cups
brown sugar*	1 tsp
beef stock	1 cube
shredded Cheddar cheese	1 packet (100 g)
cucumber	1
balsamic vinegar* (or red wine vinegar)	2 tsp
honey*	½ tsp
mixed salad leaves	1 bag (60 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2940kJ (703Cal)	493kJ (118Cal)
Protein (g)	52.2g	8.7g
Fat, total (g)	33.5g	5.6g
- saturated (g)	13.6g	2.3g
Carbohydrate (g)	44.9g	7.5g
- sugars (g)	14.5g	2.4g
Sodium (g)	1590mg	267mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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