



Garlic & Herb Beef Meatballs

with Red Pesto Risoni & Parmesan Cheese

Grab your Meal Kit with this symbol



Carrot



Garlic



Diced Tomatoes



Vegetable Stock Powder



Risoni



Beef Mince



Fine Breadcrumbs



Garlic & Herb Seasoning



Grated Parmesan Cheese



Red Pesto



Baby Spinach Leaves



Parsley

Hands-on: **30-40 mins**
Ready in: **35-45 mins**

Give rissoles a herby hit with garlic and herb seasoning for an easy flavour boost. With a super cheesy risoni, this meal shines a whole new light on a tried-and-true dinner.

Pantry items

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
olive oil*	refer to method	refer to method
carrot	1	2
garlic	2 cloves	4 cloves
diced tomatoes	1 tin	2 tins
water*	1½ cups	3 cups
brown sugar*	1 tsp	2 tsp
vegetable stock powder	1 large sachet	2 large sachets
risoni	1 medium packet	1 large packet
beef mince	1 medium packet	1 large packet
egg*	1	2
fine breadcrumbs	½ packet	1 packet
salt*	¼ tsp	½ tsp
garlic & herb seasoning	1 sachet	2 sachets
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
red pesto	1 packet (50g)	1 packet (100g)
butter*	20g	40g
baby spinach leaves	1 bag (60g)	1 bag (120g)
parsley	1 bag	1 bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4169kJ (996Cal)	645kJ (154Cal)
Protein (g)	56.4g	8.7g
Fat, total (g)	46.2g	7.1g
- saturated (g)	16.2g	2.5g
Carbohydrate (g)	83.5g	12.9g
- sugars (g)	19g	2.9g
Sodium (mg)	2517mg	389mg

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

Grate the **carrot**. Finely chop the **garlic**.



Start the risoni

In a medium saucepan, heat a good drizzle of **olive oil** over a medium-high heat. Cook the **carrot** until slightly softened, **3-4 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Add the **diced tomatoes, water, brown sugar, vegetable stock powder** and **risoni**. Bring to the boil, then reduce the heat to medium-low and simmer, stirring occasionally, until the risoni is 'al dente' and the water has absorbed, **15-18 minutes**.

TIP: Add a dash more water if your risoni looks dry.



Make the meatballs

While the risoni is cooking, combine the **beef mince, egg, fine breadcrumbs** (see ingredients), the **salt, garlic & herb seasoning** and a pinch of **pepper** in a large bowl. Using damp hands, form a heaped spoonful of the beef mixture into a meatball. Transfer to a plate and repeat with the remaining mixture. You should get 5-6 meatballs per person.



Cook the meatballs

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **meatballs**, turning, until browned and cooked through, **8-10 minutes**. Reduce the heat to medium if the meatballs are browning too quickly. Transfer to a plate.



Finish the risoni

When the risoni is done, reduce the heat to low. Stir through the **grated Parmesan cheese** (reserve some for garnish!), **red pesto, butter** and **baby spinach leaves**. Add the **meatballs** and cover the saucepan with a lid. Cook until the **spinach** is just wilted, **1-2 minutes**. Remove the pan from the heat and season to taste.



Serve up

Roughly chop the **parsley** leaves. Divide the meatball pesto risoni between bowls and garnish with the parsley and remaining Parmesan cheese.

Enjoy!