



Garlic-Herb Meatballs & Red Pesto Risoni

with Parmesan Cheese

Grab your Meal Kit with this symbol 



Garlic



Carrot



Parsley



Chopped Tomatoes



Beef Stock



Risoni



Beef Mince



Fine Breadcrumbs



Garlic & Herb Seasoning



Grated Parmesan Cheese



Red Pesto



Baby Spinach Leaves

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

Our red pesto – made with chargrilled capsicum, sun-dried tomatoes, parmesan, basil and garlic – puts a fun twist on this meatball risoni. Garnish it with parsley for an extra herby hit and grated Parmesan for a sharp bite. Bring all those elements together and you’ve got a filling dinner that delivers with every mouthful.

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 with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
carrot	1	2
parsley	1 bunch	1 bunch
chopped tomatoes	1 tin	2 tins
water*	1½ cups	3 cups
brown sugar*	1 tsp	2 tsp
beef stock	1 sachet	2 sachets
risoni	1 packet	2 packets
beef mince	1 packet	1 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)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3540kJ (845Cal)	587kJ (140Cal)
Protein (g)	51.1g	8.5g
Fat, total (g)	41.8g	6.9g
- saturated (g)	14.5g	2.4g
Carbohydrate (g)	61.9g	10.3g
- sugars (g)	17.0g	2.8g
Sodium (mg)	2180mg	362mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Get prepped

Finely chop the **garlic** (or use a garlic press). Grate the **carrot** (unpeeled). Roughly chop the **parsley** leaves.



4. Cook the meatballs

In a large frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. Add the **meatballs** and cook, turning often, until browned and cooked through, **8-10 minutes**. Transfer to a plate.

TIP: Don't worry if the spice blend burns a little in the pan, this adds to the flavour!

TIP: Reduce the heat to medium if the meatballs are browning too quickly.



2. Start the risoni

In a medium saucepan, heat a **good drizzle** of **olive oil** over a medium-high heat. Add the **carrot** and cook until slightly softened, **2 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Add the **chopped tomatoes**, **water**, **brown sugar**, **beef stock** and **risoni**. Bring to the boil, then reduce the heat to medium-low and simmer, stirring occasionally, until the risoni is 'al dente' and all the water has been absorbed, **15-18 minutes**.

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

TIP: 'Al dente' means the risoni is cooked through but still has a tiny bit of firmness in the middle.



5. 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 with **salt** and **pepper**.



3. Make the meatballs

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



6. Serve up

Divide the garlic-herb meatballs and red pesto risoni between bowls. Garnish with the parsley and reserved Parmesan cheese.

Enjoy!