



Pork Meatball & Basil Pesto Risoni

with Roasted Pumpkin & Flaked Almonds

Grab your Meal Kit with this symbol 



Garlic



Brown Onion



Carrot



Baby Spinach Leaves



Flaked Almonds



Peeled & Chopped Pumpkin



Pork Mince



Fine Breadcrumbs



Italian Herbs



Chilli Flakes (Optional)



Risoni



Tomato Paste



Beef Stock



Basil Pesto

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

 Spicy (optional chilli flakes)

Here's how to get all the deep, rich flavours of a risotto with no stirring or extra work! Simply use handy risoni – the little grain-shaped pasta soaks up all the flavour for a simple and tasty side dish. Topped with succulent pork meatballs, this is comfort food at its finest.

Unfortunately, this week's courgette was in short supply, so we've replaced it with carrot. Don't worry, the recipe will be just as delicious!

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

Medium frying pan · Oven tray lined with baking paper · Large saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
brown onion	1 (medium)	1 (large)
carrot	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 packet	1 packet
fine breadcrumbs	1 packet	2 packets
egg*	1	2
Italian herbs	1 sachet	2 sachets
salt*	¼ tsp	½ tsp
chilli flakes (optional)	pinch	pinch
risoni	1½ packets	3 packets
tomato paste	1 packet	2 packets
water*	2 cups	4 cups
beef stock	1 sachet	2 sachets
butter*	20g	40g
basil pesto	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3710kJ (887Cal)	615kJ (147Cal)
Protein (g)	47.7g	7.9g
Fat, total (g)	38.9g	6.5g
- saturated (g)	12.0g	2.0g
Carbohydrate (g)	80.5g	13.3g
- sugars (g)	15.7g	2.6g
Sodium (mg)	1620mg	269mg

Allergens

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

Preheat the oven to **240°C/220°C fan-forced**. Finely chop the **garlic** (or use a garlic press). Finely chop the **brown onion**. Cut the **carrot** (unpeeled) into 2cm chunks. Roughly chop the **baby spinach leaves**. Heat a medium frying pan over a medium-high heat. Add the **flaked almonds** and toast, tossing, until golden, **2-3 minutes**. Transfer to a bowl.



4. Brown the meatballs

In a large saucepan pan, heat a **drizzle of olive oil** over a medium-high heat. When the oil is hot, add the **meatballs** and cook, turning occasionally, until browned, **5-6 minutes**. Transfer to a plate. Add the **onion** to the saucepan and cook, stirring, until softened, **4 minutes**. Add a **pinch of chilli flakes** (if using) and the **remaining garlic** and cook until fragrant, **1 minute**.

TIP: The meatballs will continue cooking in step 5!



2. Roast the veggies

Place the **peeled & chopped pumpkin** and **carrot** 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**.



5. Cook the risoni

Add the **risoni** (see ingredients list) and **tomato paste** to the saucepan and stir to combine. Return the **meatballs** to the pan, then add the **beef stock** and stir to combine. Bring to the boil, cover with a lid, reduce the heat to medium-low and simmer, stirring occasionally, until the **risoni** is 'al dente', **12-15 minutes**. Add the **butter** and stir through until melted, **1 minute**. Add the **baby spinach**, roasted **veggies** and **basil pesto**. Stir to combine and season to taste with **salt** and **pepper**.



3. Make the meatballs

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



6. Serve up

Divide the pork meatball and basil pesto risoni between bowls. Top with the toasted almonds.

Enjoy!