



# 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](http://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!