



Everything But The Chef

hello@hellofresh.com.au | 02 81 888 722

hello@hellofresh.com.au | 02 81 888 722

WK48
2015



Share your masterpiece to enter into our weekly photo contest! Simply post your delicious pic on [f](#) [t](#) [i](#) with #HelloFreshAU

Fetta & Lamb Meatballs with Risoni

We're only sorry we have to ruin the surprise before you can bite into one: gourmet mince meatballs with a delicious creamy fetta centre! Don't forget to reserve a tablespoon of pasta water in your drained risoni so that the Neapolitana sauce coats everything thoroughly. Another surprise comes in the form of fresh mint, which serves to wake up the pasta, and is the perfect accompaniment to the creamy fetta.

Prep: 10 mins
Cook: 15 mins
Total: 25 mins

level 1
 nut free
 helping hands

Pantry Items



Olive Oil



Sugar



Gourmet Meatball Mince



Fetta Cheese



Garlic



Carrot



Diced Tomatoes



Parsley



Risoni



Mint

Qty	Ingredients	
500 g	gourmet meatball mince	
1 block	fetta cheese, cut into 5 mm cubes	A
1 tbs	olive oil *	
2 cloves	garlic, peeled & crushed	⊕
1	carrot, peeled & grated	⊕
2 tins	diced tomatoes	
2 tsp	sugar *	
½ bunch	parsley, finely chopped	⊕
2 cups	risoni	
½ bunch	mint, finely chopped	⊕

⊕ May feature in another recipe

* Pantry Items

Servings per recipe: 4

Nutrition per serve

Energy	3790	Kj
Protein	48.8	g
Fat, total	34.9	g
-saturated	13.8	g
Carbohydrate	94.2	g
-sugars	24	g
Sodium	834	mg



You will need: *chef's knife, chopping board, vegetable peeler, box grater, medium frying pan, medium pot, colander.*

1 Roll the **gourmet meatball mince** into meatballs (we recommend 3 medium meatballs per person). Insert a square of **fetta cheese** into the middle of each meatball and squeeze to seal tightly. Crumble any remaining fetta and set aside for garnish.



2 Heat the **olive oil** in a medium frying pan over a medium-high heat. Add the meatballs and cook, turning, for **5-6 minutes** or until browned. Add the **garlic** and **carrot**, and cook, stirring, for **1 minute**. Add the **diced tomatoes** and bring to the boil. Reduce to a medium-low heat, add the **sugar** and **parsley** and simmer for **10-15 minutes** or until reduced slightly. Season to taste with **salt** and **pepper**.



3 Meanwhile, bring a medium pot of salted water to the boil. Add the **risoni** and cook for **8 minutes** or until 'al dente'. Drain.

4 Divide the risoni between bowls. Top with the meatballs and sauce, garnish with the **mint** and any remaining fetta.



Did you know? Risoni was originally created to compensate for the lack of rice on Italian tables.