



FOR the
Little ONES



MeatBALLS with tomato
Sauce & Rice



BoLoGNeSe RiSotto

A combination of two favourite go-to dishes, bolognese and risotto, makes a cheesy, rich and comforting bolognese risotto bake.

 35 MiNutes

 2 SeRVINGs

 Beef

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FROM YOUR BOX

SHALLOT	1
RED CAPSICUM	1
COURGETTES	2
BEEF MINCE	250g
GARLIC CLOVE	1
ARBORIO RICE	150g
TOMATO SUGO	1 jar
PARMESAN CHEESE	1 bag (125g)
PINE NUTS	20g
BASIL	20g

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried oregano

COOKING TOOLS

frypan

Make meatballs and a separate risotto if you prefer serving the dish that way!

Before you start cooking!

Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.



1. PREPARE the VEGETABLES

Set oven to 220°C.

Peel and chop shallot and capsicum. Peel (optional) and grate courgettes.

tip *Serve the capsicum on the side like sticks if you prefer!*



2. COOK the BEEF

Heat a frypan with a little **oil** over medium-high heat. Add beef mince and cook for 5 minutes. Use a spatula to break up the mince.

3. ADD the VEGETABLES

Add in the prepared vegetables and cook for 5 minutes. Crush in garlic and season with **1 tsp oregano, salt and pepper**.

tip *You can add a stock cube for extra boost of background flavour!*



4. SIMMER the RISOTTO

Stir in rice, tomato sugo and **1 cup water**. Simmer for 10–15 minutes, semi-covered, or until rice is tender.

tip *Add more water if needed.*



5. FINISH the RISOTTO

Transfer risotto to an oven dish. Stir through 1/3 packet parmesan and arrange the remaining on top (use to taste) along with pine nuts. Bake in the oven for 5 minutes or until golden.

tip *If your pan is oven-proof you don't need to transfer the risotto.*



6. FINISH AND SERVE

Serve risotto at the table. Garnish with fresh basil.

tip *You can serve with a fresh side salad or some steamed veggies on the side if you like.*