



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



## Lamb Meatballs

with Lemon Orzo

Zesty lamb meatballs paired with a fresh and vibrant risoni salad, featuring crisp capsicum, spring onions, and lemon dressing.



25 minutes



4/6 servings



Lamb

## FROM YOUR BOX

|               | 4 PERSON | 6 PERSON    |
|---------------|----------|-------------|
| RISONI        | 250g     | 250g + 125g |
| SPRING ONIONS | 1 bunch  | 2 bunches   |
| LAMB MINCE    | 600g     | 600g + 300g |
| LEMON         | 1        | 1           |
| RED CAPSICUM  | 1        | 2           |

## FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper

## NOTES

You can easily add a boost of flavour to the risoni by stirring through a pre made pesto or harissa paste.

**No gluten option – risoni is replaced with 2 x 150g brown rice.** Place rice in a saucepan and cover with water. Bring to a boil and simmer for 20 minutes, or until tender. Drain and rinse.

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## 1. COOK THE RISONI

Bring a saucepan of water to a boil. Add **risoni** and cook in boiling water for 8–10 minutes until al dente. Drain and rinse.

**TIP** *Add some extra flavour to the risoni by stirring through some butter, crushed garlic or dried herb. We added 1 tsp dried oregano.*

## 2. COOK THE LAMB

Finely chop **1 spring onion**. Combine with **lamb mince, lemon zest, salt and pepper**. Use **oiled** hands to shape into 1 tbsp size meatballs. Cook in a frypan over medium–high heat with **oil** for 8–10 minutes, turning until cooked through.

**6P – finely chop 2 spring onions.**

**TIP** *You can also add a dried herb or ground spice to the lamb for flavour. Ground cumin, paprika and dried oregano work well!*

## 3. TOSS THE RISONI

Whisk together **1/2 lemon juice** with **2 tbsp olive oil, salt and pepper**. Thinly slice remaining **spring onions** and finely dice **capsicum**. Toss all together with cooked **risoni**.

**6P – whisk together lemon juice from 1 lemon and 3 tbsp olive oil, salt and pepper.**

**TIP** *You can add chopped parsley, baby spinach, cherry tomatoes, sliced olives or crumbled feta cheese if you have some.*

## 4. FINISH AND SERVE

Serve **lamb meatballs** with **risoni**.

**TIP** *Wedge remaining lemon and serve with lamb meatballs, or slice into crescents and toss through risoni.*

**This recipe has simplified instructions to help lower your meal cost.**