

Tomato and meatball risotto

Food Foundations • another NAQ Nutrition program

Ingredients - Serves 20 portions

- 8 sprigs of fresh rosemary
- 1 cup wholemeal breadcrumbs
- 4 tbs Dijon mustard
- 1kg lean mince
- 2 tbs dried oregano
- 2 eggs
- Freshly ground black pepper
- 2 tbs olive oil
- 2 onions, diced
- 2 cloves of garlic, crushed
- 6 cups chicken stock, salt reduced
- 2 x 500 g pasta sauce
- 4 cups water
- 3 cups Arborio rice
- 1 cup basil leaves, shredded
- 1 ½ cups grated parmesan



Method:

1. Pick the rosemary leaves off the woody stalks and finely chop leaves.
2. Add breadcrumbs, mustard, mince, rosemary and oregano into a large mixing bowl. Crack in the eggs and season with pepper.
3. With clean hands mix up the mince mixture, then roll into small balls (Approximately 40).
4. Heat a large fry pan to medium – high heat, add oil and cook meatballs until browned and cooked through.
5. Once cooked place the meatballs onto a clean plate.
6. In the same fry pan, add onion and garlic. Cook stirring for 2 minutes or until onion is soft.
7. Add in stock, pasta sauce and water into the fry pan. Cook until the mixture comes to a boil, and then turn down to a low heat.
8. Add rice into the fry pan and simmer– stirring occasionally for about 30 minutes until most of the liquid is absorbed and rice is cooked.
9. Add meatballs back into the pan and cook stirring for 2 minutes or until heated through.
10. Stir in half the parmesan and then top with the remaining parmesan and basil leaves. Serve with a side salad.

Food Group	Serves provided per portion
Vegetables	0.75 serves
Grains (cereal) foods	1.0 serves
Lean meat and poultry, fish, eggs, tofu, nuts and seeds, legumes/beans	0.5 serves