

# Tomato and Meatball Risotto



**Serves:** 6-8

**Prep time:** 15 minutes

**Cook time:** 30 minutes

## Ingredients

- 4 sprigs fresh rosemary
- ½ cup wholemeal breadcrumbs
- 2 heaped teaspoons Dijon mustard
- 500g lean beef mince
- 1 heaped tablespoon dried oregano
- 1 large free-range egg
- freshly ground black pepper
- 3 cups salt reduced chicken stock
- 1 cup tomato pasta sauce
- 1 tablespoon olive oil
- 1 small brown onion, finely chopped
- 1 garlic clove, crushed
- 1 ½ cups Arborio rice
- ¾ cup finely grated parmesan
- 1/3 cup basil leaves, torn

## Method

1. Pick the rosemary leaves off the woody stalks, finely chop.
2. Add breadcrumbs to a mixing bowl with the mustard, mince, chopped rosemary and oregano. Crack in the egg.
3. With clean hands combine well. Divide into 24 small balls.
4. Gently fry meatballs in a little oil until browned.
5. Place meatballs on a plate, cover and place in the fridge until needed.
6. Place stock, pasta sauce and 2 cups water in a saucepan over medium heat. Bring to a simmer
7. Heat oil in pan. Add onion and garlic. Cook for 2 minutes or until softened. Add rice. Cook for 1 to 2 minutes or until rice is coated.
8. Add 1/3 cup of stock mixture. Cook stirring until stock has been absorbed. Repeat with remaining stock 1/3 cup at a time, until the liquid has been absorbed and rice is tender.
9. Add meatballs to rice. Cook stirring for 2 minutes or until heated through. Season with pepper.
10. Mix in half the parmesan.
11. Top with basil and remaining parmesan. Serve and enjoy!

**Dietitian's Tip:** Using herbs and spices in your cooking can add so much flavour! Parsley could be substituted for rosemary in this recipe for a different flavour. Pork or lamb mince would also work well as a substitute for beef.