



One Pot Beef Meatball, Tomato and Pepper Orzo

Immerse yourself in the sumptuous flavors of our One Pot Beef Meatball, Tomato, and Pepper Orzo—a dish that effortlessly combines comfort and nourishment. Every bite presents a delightful blend of perfectly seasoned meatballs, the sweetness of ripe tomatoes, and the nuanced notes of pesto. Beyond its palate-pleasing qualities, this dish achieves a well-rounded nutrition profile, featuring lean beef for protein and an array of vibrant vegetables for essential vitamins and minerals.

Ingredients

- Beef Mince
- Courgette
- Red Bell Pepper
- White Onion
- Sundried Tomato
- Pesto
- Orzo
- Tomato Puree
- Chopped Tomatoes
- Smoked Paprika
- Beef Stock Cube

Your Pantry

- Olive Oil
- Salt & Pepper

Nutritional Info

Calories: 770.5 kcal
Carbohydrates: 54 g
Protein: 35.5 g
Fat: 50 g

Allergens

Wheat (Pasta)
Nuts (Cashews in Pesto)
Celery (Stock cube - may also contain traces of Egg, Soya & Mustard)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.

1) **Boil the kettle**

Make the stock cube up to 500ml per stock cube. Set aside 170ml per person (tip - you can weigh mls of water as grams on a weighing scales)

2) **Prepare the vegetables**

Peel and finely chop the onion. Dice the red pepper into cubes. Finely chop the courgette into small cubes

3) **Make the meatballs**

Add the beef mince to a bowl with the paprika, salt and pepper. Mix well until fully combined, then roll into meatballs.

4) **Cook the meatballs**

Place a frying pan on high heat with a drizzle of oil, once hot, turn down to medium heat and add the meatballs, cooking for 1-2 minutes or until browned on the outside but not cooked in the middle. Transfer to a bowl and set aside.

5) **Cook the vegetables**

Place the frying pan back on the heat with another drizzle of oil if needed. Add the onion and cook for 1-2 minutes. Now add the courgette and cook for a further 2-3 minutes or until the veg are softened. Add in the red pepper and cook for a further minute.

6) **Cook the Orzo**

Add the orzo to the pan with the vegetables, then pour in the 170ml stock per person portion, the tomato puree, pesto, and chopped tomatoes. Stir well, and bring to the boil. Once boiling, turn down to a simmer and then add the meatballs back into the pan with the orzo. Simmer gently, stirring now and then, for 10-12 minutes or until the orzo is cooked.

6) **Plate the dish**

Once the orzo is cooked, plate up the dish.

