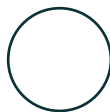




One Pan Turkey Meatballs With Creamy Basil Orzo



A comforting, flavorful dish featuring tender, juicy turkey meatballs simmered in a rich, creamy basil sauce with orzo pasta cooked right in the same pan. A wholesome, hearty meal with minimal cleanup and maximum flavor.

Nutritional Info

Calories: 719 kcal
Carbohydrates: 61 g
Protein: 44 g
Fat: 34 g

Ingredients

- Turkey Mince
- Courgette
- Garlic
- Shallot
- Chopped Tomato
- Ricotta
- Basil Pesto
- Orzo
- Chicken Stock Cube
- Panko Breadcrumbs

Your Pantry

- Olive Oil

Allergens

Wheat (Breadcrumbs, Orzo)
Milk (Pesto, Ricotta)
Nuts (Cashew in Pesto)
Celery (Stock Cube - may also contain traces of Egg, Soybeans & 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) **Prepare the vegetables**

Peel and crush the garlic. Peel and finely dice the shallot. Dice the courgette. Make up the chicken stock with 200ml of boiling water per person.

2) **Make the meatballs**

Add the turkey mince, ricotta, breadcrumbs, and half the pesto to a bowl. Mix well until all combined then roll into small meatballs.

3) **Brown the meatballs**

Place a large, deep frying pan on medium heat with a drizzle of oil. Add the turkey meatballs to the pan and fry on each side until browned but not cooked through. Remove and set aside on a plate.

4) **Sautee the vegetables**

Return the pan to the heat with a drizzle of oil and add the shallot and garlic, stir frying for about 2-3 minutes or until beginning to soften. Add the courgette and cook for a further 2 minutes.

5) **Cook the orzo**

Add in the orzo, chopped tomatoes and chicken stock and stir well. Add the meatballs back into the pan. Bring to a simmer and cook uncovered, stirring now and then to stop it catching. Cook for about 10-15 minutes or until the orzo is cooked al dente. If the dish is looking too dry, just add a splash of water and stir. While the cooks....

6) **Finish the dish**

Stir the remaining pesto into the orzo and serve in plates or bowls. Enjoy!



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