

# Lamb & Risotto-Style Ditalini Pasta

*with Spring Onion & Green Beans*

“Risotto,” from the Italian word for “rice,” generally describes a dish of grains simmered in a stock, stirred thoroughly to develop an incredibly creamy consistency. But it may refer also to the technique itself. Here, we’re departing from tradition and cooking ditalini pasta risotto-style in an aromatic broth—with lamb, seasonal vegetables (like spring onion and green beans), fresh mint and more. It doesn’t get much more gourmet than this!



## Ingredients

- 7 Ounces Ground Lamb & Beef Blend
- 5 Ounces Ditalini Pasta
- 6 Ounces Green Beans
- 3 Cloves Garlic
- 1 Spring Onion
- 1 Lemon
- 1 Bunch Mint

## Knick Knacks

- 1 Tablespoon Butter
- ¼ Cup Grated Parmesan Cheese

Makes 2 Servings

About 700 Calories Per Serving

Cooking Time: 35 to 45 minutes





1



## Prepare the ingredients:

Wash and dry the fresh produce. Trim off and discard the stem ends of the green beans; cut the green beans into ½-inch pieces. Peel and mince the garlic. Cut off and discard the root end of the spring onion. Thinly slice the green top of the spring onion on an angle; halve and thinly slice the white bottom. Using a peeler, remove the rind of the lemon, avoiding the pith; mince the rind to get 2 teaspoons of zest (or use a zester). Quarter and deseed the lemon. Pick the mint leaves off the stems; discard the stems and finely chop the leaves.

2



## Cook the meat:

In a large pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the **ground lamb and beef blend**; season with salt and pepper. Cook, frequently breaking the meat apart with a spoon, 3 to 5 minutes, or until browned and cooked through.

3



## Add the aromatics:

Reduce the heat to medium and add the **garlic** and **white bottom of the spring onion** to the pan; season with salt and pepper. Cook, stirring occasionally, 2 to 4 minutes, or until the aromatics are lightly browned and fragrant.

4



## Add the pasta:

Add the **pasta**, **lemon zest** and **2½ cups of water** to the pan; season with salt and pepper. Cook, stirring frequently, 10 to 12 minutes, or until the pasta is al dente (still slightly firm to the bite).

5



## Add the green beans:

Add the **green beans** to the pan; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until the green beans are bright green and slightly softened. Season with salt and pepper and remove from heat.

6



## Finish & plate your dish:

Add the **Parmesan cheese**, **butter**, the **juice of 2 lemon wedges** and **2 tablespoons of water** to the pan. Stir until thoroughly combined and season with salt and pepper to taste. Divide the **finished pasta** between 2 dishes. Garnish with the **mint**, **green top of the spring onion** and **remaining lemon wedges**. Enjoy!