




Product Spotlight: Spinach


Baby spinach is harvested earlier than regular spinach; it is a good source of vitamin B2, so it can help boost energy levels.



Italian Salmon with Risoni

A homely Italian tomato sauce with garlic and onion, served with herby salmon fillets and butter risoni, finished with a sprinkle of fresh parsley.

 20 minutes

 2 servings

 Fish

Spice it up!

You can add some dried chilli flakes to this dish for extra flavour. Capers and sliced olives also work well!

Per serve: **PROTEIN** 33g **TOTAL FAT** 24g **CARBOHYDRATES** 70g

FROM YOUR BOX

RISONI	125g
SALMON FILLETS	1 packet
BROWN ONION	1
RED CAPSICUM	1
GARLIC CLOVE	1
TOMATO SUGO	1 jar
BABY SPINACH	120g
PARSLEY	1 packet

FROM YOUR PANTRY

olive oil, butter, salt, pepper, dried Italian herbs

KEY UTENSILS

large frypan, saucepan

NOTES

You can use dried oregano, fresh rosemary or thyme to coat the salmon instead of dried Italian herbs.

No gluten option - risoni is replaced with **GF pasta**. Cook pasta according to packet instructions or until al dente. Toss through sauce in step 4 if preferred.



1. COOK THE RISONI

Bring a saucepan of water to a boil. Add **risoni** and cook in boiling water for 8–10 minutes or until al dente. Drain, return to pan and stir through **1/2 tbsp butter**.



2. COOK THE SALMON

Heat a frypan over medium–high heat with **olive oil**. Coat **salmon** with **1 tsp dried Italian herbs** and cook for 2–4 minutes each side or until cooked to your liking (see notes). Remove to a plate and keep pan on heat.



3. SAUTÉ THE VEGETABLES

Slice **onion** and **capsicum**. Add to pan as you go with **olive oil** and **1 crushed garlic clove**. Cook for 5 minutes until softened.



4. SIMMER THE SAUCE

Pour in **sugo** and **1/2 jar water**. Simmer for 5 minutes. Stir in **spinach** until wilted. Season with **salt and pepper** to taste. Return cooked salmon to pan to heat through.



5. FINISH AND SERVE

Divide salmon and risoni among bowls. Garnish with chopped **parsley**.



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