



### 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** 36g **TOTAL FAT** 20g **CARBOHYDRATES** 42g

## FROM YOUR BOX

RISONI	125g
SALMON FILLETS	1 packet
BROWN ONION	1
RED CAPSICUM	1
GARLIC CLOVE	1
TOMATO SUGO	1 jar
BABY SPINACH	1 bag
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 **crushed garlic**. 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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