



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



4/6 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** 20 **CARBOHYDRATES** 43g

FROM YOUR BOX

	4 PERSON	6 PERSON
RISONI	250g	250g + 125g
SALMON FILLETS	2 packets	3 packets
BROWN ONION	1	1
RED CAPSICUM	1	2
GARLIC CLOVE	1	2
TOMATO SUGO	1 jar	2 jars
BABY SPINACH	1 bag	1 bag
PARSLEY	1 packet	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 tbsp butter**.

6P - Drain risoni, return to pan and stir through 2 tbsp butter.



2. COOK THE SALMON

Heat a frypan over medium–high heat with **olive oil**. Coat **salmon** with **2–3 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 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.

6P - Pour in 2 jars sugo and 1/2 jar water.



5. FINISH AND SERVE

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



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