



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 Chicken

with Risoni

A homely Italian tomato sauce with garlic and onion, served with seared chicken schnitzels and butter risoni, finished with a sprinkle of fresh parsley.



25 minutes



2 servings



Chicken

Make a risonotto!

Shred the cooked chicken into smaller pieces and toss through the sauce along with the risoni! Garnish with parmesan cheese if you have some.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	33g	36g	61g

FROM YOUR BOX

RISONI	125g
CHICKEN SCHNITZELS	300g
BROWN ONION	1
RED CAPSICUM	1
GARLIC	1 clove
TOMATO SUGO	1 jar
BABY SPINACH	1 bag (60g)
PARSLEY	1 packet

FROM YOUR PANTRY

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

KEY UTENSILS

saucepan, large frypan

NOTES

Start step 2. while waiting for the water to boil. Be sure to check the risoni as it cooks to prevent overcooking.

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

You can slice the chicken before returning it to the sauce if preferred.

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 (see notes). 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 CHICKEN

Meanwhile, heat a frypan over medium-high heat with **olive oil**. Coat **chicken** with **1 tsp Italian herbs** and cook for 4–5 minutes each side or until cooked through (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 along with **1 tbsp 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 **chicken** to pan (see notes).



5. FINISH AND SERVE

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

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