





# **Product Spotlight:** Risoni

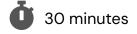
Risoni (also known as orzo) is a type of pasta that looks like rice. Made from wheat flour, the small size and unique shape make it versatile for various dishes, including soups, salads, and pilaffs.



# One-Pan Creamy Risoni

# with Chicken

Comforting, flavoursome and healthy - this one-pan risoni topped with mildly spiced chicken tenderloins is quick to make and a real crowdpleaser, perfect for busy weekdays!





2 servings



Bake it!

Shred and add the chicken into the risoni at step 5. Top with parmesan cheese and finish in the oven on 220C° for 5-8 minutes or until golden for a melted cheese top!

PROTEIN TOTAL FAT CARBOHYDRATES

22g

## FROM YOUR BOX

BROWN ONION	1
GARLIC CLOVE	1
RISONI	125g
CHERRY TOMATOES	200g
CHICKEN TENDERLOINS	300g
BABY SPINACH	60g
PARMESAN CHEESE	1 bag
BASIL	20g

#### FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked paprika, dried Italian herbs, 1 chicken or veg stock cube

#### **KEY UTENSILS**

frypan x 2

#### **NOTES**

No gluten option - risoni is replaced with arborio rice. Cook as per recipe, increasing water to 2 1/2 cups, or more if needed. Cook until rice is tender.





# 1. SAUTÉ THE VEGETABLES

Heat a frypan over medium-high heat with oil. Dice and add onion, cook for 3 minutes until softened. Crush in garlic and crumble in 1 stock cube.



## 2. ADD RISONI AND SIMMER

Stir in risoni, cherry tomatoes and 11/2 cups water. Cover and simmer for 10 minutes, stirring occasionally.



### 3. SEASON THE CHICKEN

Meanwhile, halve chicken tenderloins and toss with 1 tbsp oil, 1/2 tsp smoked paprika, 1/2 tsp Italian herbs, salt and pepper.



## 4. COOK THE CHICKEN

Heat a pan with oil over medium-high heat. Add chicken and cook for 3-4 minutes on each side or until cooked through.



# 5. FINISH THE RISONI

When the risoni is tender (add extra water if needed), chop and stir in baby spinach and 1/3 bag parmesan cheese until melted. Take off heat and season with salt and pepper to taste.



## 6. FINISH AND SERVE

Chop basil.

Top creamy risoni with chicken, more parmesan to taste and basil leaves. Serve at the table.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the My Recipes tab in your Profile and leave a review! Text us on 0481 072 599 or send an email to hello@dinnertwist.com.au



