



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!

30 minutes

2 servings

Chicken

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!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	69g	22g	22g

FROM YOUR BOX

BROWN ONION	1
GARLIC CLOVES	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

You can shred the chicken and toss through the risoni at step 5 if you prefer!

No gluten option – risoni is replaced with **arborio rice**. Cook as per recipe, adding in more water if needed.



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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 **1 1/2 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.

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