



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



4/6 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
4/6 Person:	50g	13g/10g	53g

FROM YOUR BOX

	4 PERSON	6 PERSON
BROWN ONION	1	1
GARLIC CLOVES	2	3
RISONI	250g	250g + 125g
CHERRY TOMATOES	200g	2 x 200g
CHICKEN TENDERLOINS	600g	600g + 300g
BABY SPINACH	1 bag	2 bags
PARMESAN CHEESE	1 bag	1 bag
BASIL	1 packet	1 packet

FROM YOUR PANTRY

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

KEY UTENSILS

large frypan x 2

NOTES

No gluten option – risoni is replaced with **arborio rice**. Cook as per recipe, increasing water to 5 cups, or more if needed. Cook until rice is tender.



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1. SAUTÉ THE VEGETABLES

Heat a large 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 **3 cups water**. Cover and simmer for 10 minutes, stirring occasionally.

6P – stir in risoni, cherry tomatoes and 4 1/2 cups water.



3. SEASON THE CHICKEN

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

6P – halve chicken tenderloins and toss with 3 tbsp oil, 2 tsp smoked paprika,



4. COOK THE CHICKEN

Heat a large 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 **1/2 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**, **remaining parmesan** and **basil leaves**. Serve at the table.

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