



Product Spotlight: Onion

Did you know that in the Middle Ages onions were an acceptable form of currency. They were used to pay for rent, goods and services – even given as gifts!



Italian Pork with One Pan Risonotto

A quick tomato risotto made with risoni instead of rice! Served alongside rosemary pork steaks, cooked until golden.



25 minutes



2 servings



Pork

Make it child proof!

You can grate the zucchini rather than dice it. This will hide the veggies even further. For an even tastier finish you can stir through some grated cheese, cream cheese or sour cream at the end!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	53g	27g	67g

FROM YOUR BOX

BROWN ONION	1
COURGETTES	2
RISONI	125g
TINNED CHERRY TOMATOES	400g
ROSEMARY SPRIG	1
PORK STEAKS	300g
BABY SPINACH	120g

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried herb (of choice, see notes), 1 stock cube (of choice)

KEY UTENSILS

large frypan with lid, frypan or griddle pan

NOTES

We used fennel seeds in the risoni. Dried oregano, Italian herbs or thyme would also work well!

Stir the risoni every few minutes to prevent it from sticking to the bottom of the pan. Add more water towards the end if you feel you need it.

No gluten option – risoni is replaced with basmati rice. Cook rice to preferred method. Sauté vegetables, stir in tinned cherry tomatoes and stock cube. Simmer for 5 minutes then stir in basmati rice, or serve on the side.



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1. SAUTÉ THE VEGETABLES

Heat a large frypan over medium-high heat with **oil**. Dice onion and courgettes. Add to pan as you go along with **1/2 tsp dried herbs**. Cook for 5 minutes until softened.



2. ADD RISONI & SIMMER

Stir in risoni, tinned cherry tomatoes and **1 cup water**. Crumble in **1/2 stock cube**. Cover and simmer for 10 minutes, stirring occasionally (see notes).



3. COOK THE PORK

Chop rosemary leaves to yield 1 tsp. Coat pork steaks with rosemary, **oil, salt and pepper**. Cook in a frypan over medium-high heat for 4–5 minutes each side or until cooked through.



4. STIR THROUGH THE SPINACH

Stir spinach through risoni until wilted. Season with **salt and pepper** to taste.



5. FINISH AND SERVE

Slice pork steaks and divide among plates with risoni.

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**

