



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.



20 minutes



4 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
	41g	15g	72g

FROM YOUR BOX

RISONI	250g
CHICKEN SCHNITZELS	600g
BROWN ONION	1
RED CAPSICUM	1
GARLIC	1 clove
TOMATO SUGO	1 jar
BABY SPINACH	1 bag (120g)
PARSLEY	1 packet

FROM YOUR PANTRY

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

KEY UTENSILS

saucepan, large frypan

NOTES

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. Add risoni and cook in boiling water for 8–10 minutes or until al dente. Drain, return to pan and stir through **1 tbsp butter**.



2. COOK THE CHICKEN

Heat a frypan over medium–high heat with **olive oil**. Coat chicken with **2 tsp dried 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 **2 tbsp olive oil** and crushed garlic. Cook for 5 minutes until softened.



4. SIMMER THE SAUCE

Pour in sugo and **1 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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