





Mediterranean Risoni

with Chorizo and Feta

A Mediterranean medley of feta, olives, cucumber and cherry tomatoes tossed with chorizo sausage, risoni and a balsamic dressing.



25 minutes







Make it a side!

Feeding extra guests? This makes a fantastic side dish as well! Prepare ahead and serve cold at a picnic or family gathering.

Per serve:

PROTEIN TOTAL FAT CARBOHYDRATES

FROM YOUR BOX

RISONI	1 packet (250g)
PORK/BEEF CHORIZO	400g
CHERRY TOMATOES	2 packets (2 x 200g)
BABY CUCUMBERS	1 punnet
FETA CHEESE	1 packet
GREEN OLIVES	1 jar
BABY SPINACH	1 bag (60g)

FROM YOUR PANTRY

olive oil, pepper, balsamic vinegar, ground or smoked paprika, dried oregano

KEY UTENSILS

large frypan, saucepan

NOTES

You can remove the skin of the chorizo if preferred. The chorizo can be crumbled instead of sliced.

No gluten option - risoni is replaced with gluten-free short pasta. Cook as per instructions, or until al dente.



1. COOK THE RISONI

Bring a saucepan of water to a boil then add risoni. Simmer for 10 minutes, or until al dente. Drain and rinse under cold water.



2. COOK THE CHORIZO

Heat a frypan over medium-high heat with 2 tbsp olive oil. Slice and add chorizo along with 2 tsp paprika (see notes). Cook for 4-5 minutes until slightly crispy. Remove from heat.



3. PREPARE THE DRESSING

Whisk together 2 tsp oregano, 2 tbsp vinegar and 2 tbsp olive oil in a large salad bowl.



4. PREPARE THE SALAD

Halve tomatoes and slice cucumbers. Dice or crumble feta cheese. Drain olives. Add to salad bowl along with spinach.



5. TOSS IT ALL TOGETHER

Toss cooked risoni and chorizo (including oil from pan) with prepared salad and dressing.



6. FINISH AND SERVE

Season risoni with pepper to taste. Serve at the table.

