




**Product Spotlight:
Sun-Dried Tomatoes**

Sun-dried tomatoes are high in potassium, manganese and vitamin C. The practice of sun-drying may have originated in Italy, using the tiled rooftops to dry tomatoes for use during the winter months.




Creamy Tuscan Orzo

One-pot creamy orzo cooked with veggies, cannellini beans and flavourful sun-dried tomatoes. topped with a rosemary and chilli flake pangrattato.

 30 minutes

 Vegetarian

 2 servings

Add to it!

Add sliced mushrooms when sautéing the vegetables for extra depth, or serve with roasted cherry tomatoes on top for bursts of sweetness and colour.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	29g	27g	67g

FROM YOUR BOX

BROWN ONION	1
GARLIC CLOVE	1
SUNDREID TOMATOES	100g
CANNELLINI BEANS	400g
PARSLEY	1 packet
PANKO & CHILLI FLAKE MIX	30g
RISONI	125g
DIJON MUSTARD	1 jar
COOKING CREAM	300ml
LEMON	1
BABY SPINACH	120g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper

KEY UTENSILS

large frypan

NOTES

Most of our veggies come pre-washed, but it's always good to give them an extra rinse.

No gluten option - risoni is replaced with arborio rice, panko crumbs are replaced with almond meal. Add rice to pan at step 4 along with cream and 300ml water. Bring to a boil and simmer, semi-covered, until rice is tender.

Panko + Dried Chilli Flakes mix: panko crumbs, dried chilli flakes, dried rosemary



1. PREPARE THE INGREDIENTS

Dice **onion**, crush **garlic**, roughly chop **sun-dried tomatoes**, and drain **cannellini beans**. Finely chop **parsley** (including tender stems) and set aside.



2. MAKE THE TOPPING

Heat a large frypan over medium-high heat with **2 tbsp olive oil**. Add **panko mix** to frypan and cook, stirring occasionally, for 5 minutes until **panko crumbs** are golden. Remove to a bowl and reserve frypan.



3. SAUTÉ THE INGREDIENTS

Repeat large frypan over medium-high heat with **oil**. Add **onion** and **garlic**. Sauté for 2-3 minutes until **onion** has softened.



4. SIMMER THE RISONI

Add **risoni**, **sun-dried tomatoes**, **mustard** and to pan. Pour in **cream** and **3/4 cup water**. Cover and reduce to medium heat. Simmer, stirring occasionally, for 8-12 minutes until **risoni** is tender and liquid is absorbed.



5. STIR THROUGH SPINACH

Add **lemon zest** and **juice** from **1/2 lemon** (wedge remaining), **baby spinach** and **cannellini beans** to pan. Stir through **risoni** and cook for 1-2 minutes to wilt. Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Divide **creamy orzo** among shallow bowls. Sprinkle over **panko crumb topping**, garnish with **parsley** and serve with **lemon wedges**.

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