




Product Spotlight: Saffron

Saffron threads come from the tiny stigma of a crocus flower. The threads must be hand-picked, making saffron one of the most expensive spices in the world.




Spanish Style Risonotto

A vibrant, Spanish-inspired risoni dish packed with roasted paprika vegetables, sweet corn and juicy tomatoes. Finished with saffron, lemon and parmesan for a rich, smoky and slightly creamy finish.

 30 minutes

 Vegetarian

 2 servings

Switch it up!

You can add extra protein to this dish with some roasted chickpeas or cannellini beans. Garnish with some toasted nuts or seeds.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	28g	24g	53g

FROM YOUR BOX

RED PAPRIKA	1
CORN COB	1
RISONI	125g
LEMON	1
PARSLEY	1 packet
PARMESAN CHEESE	1 packet
BROWN ONION	1
CHERRY TOMATOES	200g
SAFFRON	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, smoked paprika, butter

KEY UTENSILS

large frypan, saucepan, oven tray

NOTES

No gluten option – risoni is replaced with **arborio rice**. Boil 5 cups water in the kettle. Stir rice into pan along with saffron at step 4. Add 5 cups boiling water, semi-cover and simmer over medium heat until absorbed.



1. ROAST THE VEGETABLES

Set oven for 220°C. Bring a saucepan of water to boil (for step 2).

Slice **paprika** and remove **kernels from corn cob**. Toss on a lined oven tray with **1 tsp smoked paprika, oil, salt and pepper**.



2. COOK THE RISONI

Add **risoni** to boiling water and cook for 8–10 minutes until tender. Reserve **1/3 cup cooking water** before draining. Set aside.



3. PREPARE THE TOPPINGS

Zest and wedge **lemon**. Chop **parsley**. Set aside with **parmesan cheese**.



4. SAUTÉ THE VEGETABLES

Heat a large frypan over medium-high heat with **olive oil**. Dice **onion** and halve **tomatoes**. Add to pan as you go along with **saffron**. Cook for 6–8 minutes until softened and fragrant.



5. FINISH THE RISONI

Stir in cooked **risoni**, **1/3 packet parmesan cheese**, **lemon zest** and **reserved cooking water**. Season to taste with **salt and pepper**. Stir in **1/2 tbsp butter** and loosen with more water if needed.



6. FINISH AND SERVE

Divide **risoni** among shallow bowls. Top with **roast vegetables**. Garnish with **parsley** and remaining **parmesan cheese**. Serve with **lemon wedges**.



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