



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



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



4/6 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.

	PROTEIN	TOTAL FAT	CARBOHYDRATES
Per serve	34g/28g	19g/13g	72g
4/6 Person:			

FROM YOUR BOX

	4 PERSON	6 PERSON
BROWN ONION	1	2
ZUCCHINI	1	1
GARLIC CLOVES	2	3
SUNDREID TOMATOES	2 x 100g	3 x 100g
CANNELLINI BEANS	2x 400g	2x 400g
PARSLEY	1 packet	2 packets
PANKO & CHILLI FLAKE MIX	60g	60g + 30g
RISONI	250g	250g + 125g
DIJON MUSTARD	2 jars	3 jars
COOKING CREAM	300ml	300ml
LEMON	1	2
BABY SPINACH	120g	2 x 120g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper

KEY UTENSILS

large frypan

NOTES

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 900ml water (6P add 1.2L 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**, grate **zucchini**, crush **garlic**, roughly chop **sun-dried tomatoes**, and drain **cannellini beans**. Finely chop **parsley** (including tender stems) and set aside.



4. SIMMER THE RISONI

Add **risoni**, **sun-dried tomatoes**, **mustard** and to pan. Pour in **cream** and **2 cups water**. Cover and reduce to medium heat. Simmer, stirring occasionally, for 8-12 minutes until risoni is tender and liquid is absorbed.

6P - add 3 cups water.



2. MAKE THE TOPPING

Heat a large frypan over medium-high heat with **3 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.

6P - add 4 tbsp olive oil.



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**.

6P - add lemon zest and juice from 1 lemon (wedge remaining)



3. SAUTÉ THE INGREDIENTS

Repeat large frypan over medium-high heat with **oil**. Add **onion**, **zucchini** and **garlic**. Sauté for 5-7 minutes until onion has softened.



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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