



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### 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



4/6 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
	29g/34g	25g/30g	56g/69g
4/6 Person:			

## FROM YOUR BOX

	4 PERSON	6 PERSON
RED PAPRIKAS	2	3
CORN COBS	2	3
RISONI	250g	250g + 125g
LEMON	1	1
PARSLEY	1 packet	2 packets
PARMESAN CHEESE	1 packet	2 packets
BROWN ONION	1	1
CHERRY TOMATOES	2 x 200g	3 x 200g
SAFFRON	1 packet	2 packets

## FROM YOUR PANTRY

oil for cooking, olive oil, butter, 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. **6P – use 1.5L boiling water, add more as needed.**



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### 1. ROAST THE VEGETABLES

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

Slice **paprikas** and remove **kernels from corn cobs**. Toss on a lined oven tray with **2 tsp smoked paprika, oil, salt and pepper**.

**6P – use 3 tsp smoked paprika.**



### 2. COOK THE RISONI

Add **risoni** to boiling water and cook for 8–10 minutes until tender. Reserve **1/2 cup cooking water** before draining. Set aside.

**6P – reserve 1 cup cooking water.**



### 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.

**6P– stir in 1 1/2 packets saffron.**



### 5. FINISH THE RISONI

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

**6P– stir in 3/4 packet parmesan cheese.**



### 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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