



Product Spotlight: Spinach

Baby spinach is harvested earlier than regular spinach; it is a good source of vitamin B2, so it can help boost energy levels.



Italian Salmon

with Risoni

A homely Italian tomato sauce with garlic and onion, served with herby salmon fillets and butter risoni, finished with a sprinkle of fresh parsley.



20 minutes



2 servings



Fish

21 April 2023

Spice it up!

You can add some dried chilli flakes to this dish for extra flavour. Capers and sliced olives also work well!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	33g	24g	70g

FROM YOUR BOX

RISONI	125g
SALMON FILLETS	1 packet
BROWN ONION	1
RED CAPSICUM	1
TOMATO SUGO	1 jar
BABY SPINACH	1 bag (60g)
PARSLEY	1 packet

FROM YOUR PANTRY

olive oil, butter, salt, pepper, dried Italian herbs,
1 garlic clove

KEY UTENSILS

large frypan, saucepan

NOTES

You can use dried oregano, fresh rosemary or thyme to coat the salmon instead of dried Italian herbs.

No gluten option – risoni is replaced with **GF pasta**. Cook pasta according to packet instructions or until al dente. Toss through sauce in step 4 if preferred.



1. COOK THE RISONI

Bring a saucepan of water to a boil. Add risoni and cook in boiling water for 8–10 minutes or until al dente. Drain, return to pan and stir through **1/2 tbsp butter**.



2. COOK THE SALMON

Heat a frypan over medium–high heat with **olive oil**. Coat salmon with **1 tsp dried Italian herbs** and cook for 2–4 minutes each side or until cooked to your liking (see notes). Remove to a plate and keep pan on heat.



3. SAUTÉ THE VEGETABLES

Slice onion and capsicum. Add to pan as you go with **olive oil** and **1 crushed garlic clove**. Cook for 5 minutes until softened.



4. SIMMER THE SAUCE

Pour in sugo and **1/2 jar water**. Simmer for 5 minutes. Stir in spinach until wilted. Season with **salt and pepper** to taste. Return cooked salmon to pan.



5. FINISH AND SERVE

Divide salmon and risoni among bowls. Garnish with chopped parsley.



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