



Product Spotlight: Cherry Tomatoes

Although tomatoes are fruit, they are more like vegetables nutritionally. Keep them on your benchtop for a rich, ripe flavour.



Italian Fish with Tomato Risonotto

Like a risotto but made with risoni! Pasta cooked with Urban Forager's organic stock, cherry tomatoes and garlic for a classic flavour, served with oregano fish and dressed rocket leaves.



25 minutes



4 servings



Fish

10 March 2023

Make it cheesy!

You can add parmesan cheese or crumbled feta to this dish if you have some!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	30g	5g	56g

FROM YOUR BOX

BROWN ONION	1
CARROT	1
CHERRY TOMATOES	2 packets (2 x 200g)
RISONI	250g
VEGETABLE STOCK PASTE	1 jar
WHITE FISH FILLETS	2 packets
ROCKET LEAVES	1 bag (120g)

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried oregano, balsamic vinegar, 2 garlic cloves

KEY UTENSILS

large frypan with lid, frypan

NOTES

Stir the risoni every few minutes to prevent the pasta from sticking to the bottom of the pan. Lightly crush the tomatoes if preferred. Add more water towards the end if needed.

No gluten option - risoni is replaced with GF pasta. Sauté the vegetables as per step 1. Bring a saucepan of water to a boil. Cook pasta according to packet instructions until al-denté. Drain, reserving 1 cup cooking water. Stir cooked pasta, reserved cooking water and 1 tsp stock paste through vegetables.



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1. SAUTÉ THE VEGETABLES

Heat a large frypan over medium-high heat with **oil**. Dice onion and slice carrot into crescents. Add to pan as you go along with tomatoes and **2 crushed garlic cloves**. Cook for 5 minutes until softened.



2. ADD RISONI AND SIMMER

Stir in risoni, stock paste and **2 1/2 cups water**. Cover and simmer for 10 minutes, stirring occasionally (see notes).



3. COOK THE FISH

Heat a frypan over medium-high heat. Coat fish with **2 tsp oregano, oil, salt and pepper**. Cook in pan for 4-5 minutes each side until golden and cooked through.



4. DRESS THE ROCKET LEAVES

Whisk together **1 tbsp olive oil** and **1 tbsp balsamic vinegar**. Toss rocket until well combined.



5. FINISH AND SERVE

Serve fish with risoni. Top with rocket leaves.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

