





Green Risonotto

with Confit Tomatoes







A creamy green risoni risotto with broccoli, garlic, and parmesan, topped with rich oven-roasted cherry tomatoes.

FROM YOUR BOX

CHERRY TOMATOES	200g
GARLIC CLOVES	2
RISONI	125g
BROCCOLI	1
BROWN ONION	1
BABY SPINACH	1 bag
PARMESAN CHEESE	1 packet

FROM YOUR PANTRY

oil for cooking, salt and pepper, olive oil

NOTES

You can serve this dish with a soft boiled egg for extra protein.

No gluten option - risoni is replaced with GF pasta.

Cook pasta according to packet instructions or until al dente.

1. ROAST THE TOMATOES

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

Place cherry tomatoes and 1 crushed garlic clove in a small oven dish. Season with salt and pepper, cover with 1/4 cup olive oil, and roast for 20 minutes until jammy.



Confit tomatoes can be made ahead and stored in the fridge overnight. Add a dried herb such as oregano or thyme for flavour.

2. COOK THE RISONI AND BROCCOLI

Cut broccoli into small florets. Add to boiling water along with risoni, cook for 8-10 minutes until both are tender. Reserve 1/4 cup cooking water before draining. Set aside.



TIP Risoni tends to stick—stir occasionally while cooking. You can roast the broccoli instead for a different texture.

3. MAKE THE SAUCE AND COMBINE

Meanwhile, dice onion and sauté in large frypan with olive oil over medium-high heat for 5 minutes until softened. Add spinach and remaining 1 crushed garlic clove. Cook until wilted. Blend using a stick mixer or blender until smooth.

Combine green spinach sauce, cooked risoni, broccoli and 1/2 bag parmesan cheese in pan. Use reserved cooking water to loosen if needed. Season with salt and pepper.



If you don't have a blender or stick mixer you can leave the blending step out.

4. FINISH AND SERVE

Divide among bowls, top with confit tomatoes and remaining parmesan.



Add a squeeze of lemon or sliced basil for brightness.

This recipe has simplified instructions to help lower your meal cost.