



Product Spotlight: Baby spinach

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

Mediterranean Risoni

with Chorizo and Feta

A Mediterranean medley of feta, cucumber and tomato tossed with chorizo sausage, risoni and a balsamic dressing.



December 2022 - January 2023



Feeding extra guests? This makes a fantastic side dish as well! Prepare ahead and serve cold at a picnic or family gathering.

Per serve: PROTEIN TOTAL FAT CARBOHYDRATES 49g 69g 57g

FROM YOUR BOX

RISONI	1 packet (125g)
PORK CHORIZO	200g
ΤΟΜΑΤΟ	1
LEBANESE CUCUMBER	1
FETA CHEESE	1 packet
BABY SPINACH	1 bag (60g)

FROM YOUR PANTRY

olive oil, pepper, balsamic vinegar, ground or smoked paprika, dried oregano

KEY UTENSILS

large frypan, saucepan

NOTES

You can remove the skin of the chorizo if preferred. The chorizo can be crumbled instead of sliced.

No gluten option - risoni is replaced with gluten-free short pasta. Cook as per instructions, or until al dente.



1. COOK THE RISONI

Bring a saucepan of water to a boil then add risoni. Simmer for 10 minutes, or until al dente. Drain and rinse under cold water.



2. COOK THE CHORIZO

Heat a frypan over medium-high heat with **1 tbsp olive oil**. Slice and add chorizo along with **2 tsp paprika** (see notes). Cook for 4-5 minutes until slightly crispy. Remove from heat.



3. PREPARE THE DRESSING

Whisk together 1/2 tsp oregano, 2 tsp vinegar and 2 tsp olive oil in a large salad bowl.



4. PREPARE THE SALAD

Dice tomato and cucumber. Dice or crumble feta cheese. Add to salad bowl along with spinach.



5. TOSS IT ALL TOGETHER

Toss cooked risoni and chorizo (including oil from pan) with prepared salad and dressing.



6. FINISH AND SERVE

Season risoni with **pepper** to taste. Serve at the table.

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

