



QUICK RISONI PASTA WITH ITALIAN MARINATED PIECES

INGREDIENTS

1 pack Garden Gourmet Sensational Filet Pieces Mediterranean Seasoning

250 g cherry tomatoes

12 black kalamata olives

1 bag of arugula approx. 80 g

300 g Risoni pasta

grated vegan cheese

small dash of balsamic vinegar

olive oil for frying

salt and pepper

100 g broccoli (optional)

20 g pine nuts (optional)

CULINARY TIP

Add some extra vegetables!

For extra vegetables, add boiled broccoli florets. Drizzle them lightly with extra virgin olive oil and grate with a fine grater some (organic) lemon zest on top and sprinkle with roasted pine nuts.



Have a taste of Italy! This Italian-inspired pasta dish is truly delicious and vegan, with the Garden Gourmet Sensational Filet Pieces Mediterranean seasoning.

PREPARATION

1. Cook risoni pasta and cut veggies

Cook the Risoni according to the instructions on the package. Halve the tomatoes and let the olives drain.

2. Fry the filet pieces and veggies

Fry the Sensational filet pieces according to the instructions on the package and fry the tomatoes for a while. Finally add the arugula, drizzle lightly with balsamic vinegar and toss until it starts to shrink.

3. Plate, garnish, and serve!

Spoon the pasta onto the plates or a bowl and spoon the mixture on top. Garnish with the olives. Serve with grated (vegan) cheese or Parmesan cheese.

4. For extra fiber goodness!

TIP: For extra vegetables, add boiled broccoli florets. Drizzle them lightly with extra virgin olive oil and grate with a fine grater some (organic) lemon zest on top and sprinkle with roasted pine nuts.

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