

# *Risoni with Artichoke, Spinach & Parmesan*



*R & J Mazza*  
GLOBE ARTICHOKES

## **Ingredients**

500g Risoni Pasta  
1 tablespoon salt.  
2 tablespoons olive oil,  
1 brown onion, chopped  
2 garlic cloves, chopped,  
1½ tablespoons plain flour,  
1½ cups full cream milk,  
1/3 cup white wine,  
1 bunch fresh spinach,  
          cooked & chopped,  
250g artichoke hearts, chopped,  
¾ cup parmesan, grated,  
¼ cup parsley, chopped,  
Salt & cracked pepper, to taste,



## **Method**

1. Add Risoni pasta to boiling salted water. Boil for around 10-12 minutes or until cooked.
2. Heat oil in saucepan and add garlic and onion. Sauté for 1 minute or until cooked.
3. Stir in flour and cook for 1 minute. Gradually add milk while stirring. Add wine. Continue to stir and cook for a few minutes until sauce thickens.
4. Add artichoke hearts and spinach and stir well.
5. Drain Risoni pasta, reserving a little of the liquid. Add Risoni to the sauce. If it is too thick, add some of the reserved salted water to obtain a good consistency.
6. Add parmesan and parsley.
7. Season soup with salt and cracked pepper. Remove from heat and serve.

**Serves 6-8**

