



Everything
But The Chef

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Baked Mediterranean Risoni

Talk about a one pot wonder! This recipe is the epitome of easy. We've taken a leaf from the Mediterranean book on this one, we're a huge fan of baking vegetables here at HelloFresh HQ and those Mediterraneans know how to bake a mean vegetable. This recipe will transport you to a seaside town in Greece, so sit back and relax.



Prep: 10 mins
Cook: 30 mins
Total: 40 mins



level 1



one pot
wonder



3 pantry
items



Smoked Paprika



Garlic



Red Onion



Eggplant



Risoni



Diced Tomatoes



Zucchini



Parmesan



Parsley

2P	4P	Ingredients
1 tbs	2 tbs	olive oil *
1 tsp	2 tsp	HelloFresh smoked paprika
½	1	red onion, finely diced
1	2	eggplant, cut into 1 cm cubes A
2	4	garlic cloves, peeled & crushed A
150 g	300 g	risoni pasta
1 tin	2 tins	diced tomatoes
1 cup	2 cups	water *
1 tsp	2 tsp	brown sugar *
1	2	zucchini, sliced into thin rounds B
50 g	100 g	Parmesan, grated
Garnish		chopped parsley

⊕ May feature in another recipe

* Good to have at home

Nutrition per serving

Energy	1780	Kj
Protein	18.1	g
Fat, total	19.7	g
-saturated	7	g
Carbohydrate	37.2	g
-sugars	14.5	g
Sodium	529	mg

Measuretool

0 cm	1 cm	2 cm



1 Preheat the oven to **200°C/180°C** fan-forced.

2 Heat a heavy based pot over a medium heat. Add in the **olive oil**, **HelloFresh smoked paprika**, **red onion**, **eggplant**, and the **garlic**, then fry until the eggplant softens. Add the **risoni** and stir to coat the grains in oil. Then add in the **diced tomatoes**, **water**, with some **sugar**, **salt** and **pepper**. Bring it to the boil and cook for **5 minutes**. Then add in the **zucchini** and half the **Parmesan cheese**, stir to combine and transfer the mixture to a baking dish (no need if the pot is oven proof) and top with remaining parmesan. Cook in the oven for **20 minutes**.



3 Divide the baked risoni between bowls and garnish with some fresh **parsley**. Enjoy!



Did you know? Onion juice is a potent medicinal remedy that was used regularly over the last few thousand years by healers.