



Everything
But The Chef

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Roasted Pumpkin & Caprese Risoni

Risoni is also known as orzo and it's also known as delicious because that's what it is. Such a noble pasta calls for only the finest of ingredients. Pine nuts, roasted pumpkin, baby bocconcini, and fresh basil fit the bill in this filling pasta which is still as fresh as a spring day.

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

level 1
 low sodium

Pantry Items: Olive Oil, Balsamic Vinegar



Pumpkin



Cherry Tomatoes



Risoni



Pine Nuts



Baby Bocconcini



Baby Spinach



Basil



Lemon

| 2P | 4P | Ingredients |
|----------|-----------|--------------------------------------|
| 1 tbs | 2 tbs | pine nuts |
| 1 tbs | 2 tbs | olive oil * |
| 300 g | 600 g | pumpkin, peeled & cut into 1 cm dice |
| ½ punnet | 1 punnet | cherry tomatoes, halved |
| 2 tsp | 1 tbs | balsamic vinegar * |
| ⅔ cup | 1 ⅓ cups | risoni |
| 1 bunch | 2 bunches | basil, leaves picked |
| ½ tub | 1 tub | baby bocconcini, halved |
| 1 bag | 2 bags | baby spinach, washed |
| ½ | 1 | lemon, cut into wedges |

⊕ May feature in another recipe

* Pantry Items

Nutrition per serving

| | | |
|--------------|------|----|
| Energy | 2890 | Kj |
| Protein | 27.7 | g |
| Fat, total | 25.3 | g |
| -saturated | 9.2 | g |
| Carbohydrate | 83.3 | g |
| -sugars | 12.4 | g |
| Sodium | 176 | mg |

Measuretool

| | | |
|------|------|------|
| 0 cm | 1 cm | 2 cm |
| | | |

Disclaimer: Pumpkins naturally vary in size, you may be supplied with a greater amount than specified. Please use the supplied amount.



You will need: chef's knife, chopping board, oven tray lined with baking paper, small frying pan, small bowl, medium bowl, saucepan, sieve, and a spatula.

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

2 Heat a small frying pan over a medium heat. Add the **pine nuts** and cook, stirring, for **1-2 minutes** or until golden and toasted. Transfer to small bowl and set aside.

3 Place the **pumpkin** on one side of the prepared tray and toss in half of the **olive oil**. Season with **salt** and **pepper**. Cook in the oven for **10 minutes**. Place the **cherry tomatoes** in a medium bowl and toss in the **balsamic vinegar** and the remaining olive oil. Season with salt and pepper. Add to the other side of the oven tray and place back in the oven for a further **20 minutes**.

4 Meanwhile, bring a saucepan full of water to the boil. Add the **risoni** and cook for **8 minutes**, or until tender. Drain. Return to the saucepan.

5 Add the **basil**, **baby bocconcini**, **baby spinach**, pine nuts, pumpkin, roasted cherry tomatoes and any balsamic and oil left from the oven tray to the saucepan with the risoni. Season with salt and pepper.

6 Divide the risoni between bowls and serve with the **lemon wedges**.



Did you know? It is believed that the name “pumpkin” was first used in the fairy tale *Cinderella* in the 17th century.