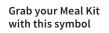


# Honey Oregano Roast Pumpkin & Creamy Risoni

with Roast Veggies & Fetta

**EXPLORER** 

**CLIMATE SUPERSTAR** 











**Red Onion** 







Dried Oregano





Nan's Special Seasoning





Vegetable Stock



**Light Cooking** 



Fetta Cubes





A warm bowl of creamy risoni is just what the doctor ordered! Pack on honey and oregano-doused pumpkin and some extra colourful veggies to have a homey and hearty meal all in the one bowl. With a sprinkling of fetta cubes, flavour is truly in high demand here!

### Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

### You will need

Two oven trays lined with baking paper  $\cdot$  Large saucepan with a lid

# Ingredients

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	2 People	4 People
olive oil*	refer to method	refer to method
pumpkin	1 medium	1 large
zucchini	1	2
red onion	1	2
tomato	1	2
dried oregano	½ sachet	1 sachet
garlic	3 cloves	6 cloves
Nan's special seasoning	1 medium sachet	1 large sachet
risoni	1 medium packet	1 large packet
vegetable stock pot	1 packet (20g)	2 packets (40g)
light cooking cream	1 medium packet	1 large packet
water*	1½ cups	3 cups
honey*	1 tbs	2 tbs
fetta cubes	1 medium packet	1 large packet
diced bacon**	1 packet (90g)	1 packet (180g)

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2818kJ (674Cal)	396kJ (95Cal)
Protein (g)	23.8g	3.3g
Fat, total (g)	20g	2.8g
- saturated (g)	10.7g	1.5g
Carbohydrate (g)	97.4g	13.7g
- sugars (g)	34.5g	4.8g
Sodium (mg)	1320mg	186mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3206kJ (766Cal)	424kJ (101Cal)
Protein (g)	30.7g	4.1g
Fat, total (g)	26.8g	3.5g
- saturated (g)	13.2g	1.7g
Carbohydrate (g)	98.2g	13g
- sugars (g)	35g	4.6g
Sodium (mg)	1751mg	231mg

The quantities provided above are averages only.

### Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

#### We're here to help!

Scan here if you have any questions or concerns

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# Roast the pumpkin

- Preheat oven to 240°C/220°C fan-forced.
- · Slice pumpkin into thin wedges.
- Slice zucchini into rounds.
- · Cut red onion and tomato into wedges.
- Place pumpkin on a lined oven tray, sprinkle over dried oregano (see ingredients), drizzle with olive oil and season with salt. Toss to coat. Roast until tender, 20-25 minutes.



# Roast the veggies

- Place **zucchini**, **onion** and **tomato** on a second lined oven tray.
- Drizzle with olive oil and season with salt. Toss to coat. Roast until tender, 15-20 minutes.



# Get prepped

• While veggies are roasting, finely chop garlic.



## Start the risoni

 In a large saucepan, heat a drizzle of olive oil over medium-high. Add Nan's special seasoning and garlic and cook until fragrant, 1 minute.

Custom Recipe: If you've added diced bacon, before cooking the Nan's seasoning and garlic, cook bacon, breaking bacon up with a spoon, until golden, 5-6 minutes. Continue with step as above (leave the bacon in the pan!).



### Finish the risoni

- Stir in risoni, vegetable stock pot, light cooking cream and the water. Bring to the boil, then reduce heat to medium and simmer, stirring occasionally, until the risoni is 'al denté' and the water is absorbed, 12-15 minutes.
- · Gently stir roast veggies through risoni.

**TIP:** Rest risoni, covered, for 5 minutes to thicken. **TIP:** Add a splash more water if the risoni looks dry!



### Serve up

- · Divide risoni between bowls.
- Top with roast pumpkin. Drizzle the honey over roast pumpkin.
- Crumble over **fetta cubes** to serve. Enjoy!



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