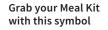


Honey Oregano Roast Pumpkin & Creamy Risoni

with Roast Veggies & Fetta Cubes

EXPLORER

CLIMATE SUPERSTAR











Red Onion

Tomato/Kumato





Lemon

Dried Oregano





Nan's Special Seasoning





Risoni

Vegetable Stock







Light Cooking

Fetta Cubes

Prep in: 25-35 mins Ready in: 30-40 mins

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!

Pantry items Olive Oil, Honey

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

3				
	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/kumato	1	2		
lemon	1/2	1		
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*	1 ½ cups	3 cups		
honey*	1 tbs	2 tbs		
fetta cubes	1 medium packet	1 large packet		
diced bacon**	1 packet (90g)	1 packet (180g)		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Per Serving	Per 100g
2866kJ (685Cal)	376kJ (90Cal)
24.1g	3.2g
20.1g	2.6g
10.7g	1.4g
98.3g	12.9g
35.4g	4.6g
1321mg	173mg
	2866kJ (685Cal) 24.1g 20.1g 10.7g 98.3g 35.4g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3254kJ (778Cal)	403kJ (96Cal)
Protein (g)	31g	3.8g
Fat, total (g)	26.9g	3.3g
- saturated (g)	13.2g	1.6g
Carbohydrate (g)	99.1g	12.3g
- sugars (g)	35.9g	4.5g
Sodium (mg)	1752mg	217mg

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





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.
- · Slice lemon 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 heat. Add Nan's special seasoning and garlic and cook until fragrant, 1 minute.

Custom Recipe: If you've added diced bacon, before cooking the seasoning, cook diced bacon, breaking up with a spoon, until golden, 4-6 minutes. Add Nan's special seasoning and garlic and continue as above.



Finish the risoni

To the saucepan, stir in risoni, vegetable stock
pot, light cooking cream and the water. Bring
to the boil, then reduce the heat to medium and
simmer, stirring occasionally, until the risoni is
'al dente' and the water is absorbed,
 12-15 minutes.

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



Serve up

- Gently stir roast veggies and a squeeze of lemon juice through the risoni.
- · Divide risoni between bowls.
- Top with roast pumpkin. Drizzle the honey over roast pumpkin.
- Crumble over **fetta cubes** and serve with the remaining lemon wedges. Enjoy!

Rate your recipe

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