



# Honey Roasted Pumpkin & Creamy Leek Risoni

with Silverbeet & Fetta

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Pumpkin



Red Onion



Tomato



Dried Oregano



Leek



Silverbeet



Garlic



Nan's Special Seasoning



Risoni



Vegetable Stock Pot



Light Cooking Cream



Fetta Cubes



Mild Chorizo

Prep in: 25-35 mins  
Ready in: 35-45 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!

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### 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 · Large saucepan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
pumpkin	1 medium	1 large
red onion	1	2
tomato	1	2
dried oregano	½ medium sachet	1 medium sachet
leek	1	2
silverbeet	1 medium packet	1 large packet
garlic	3 cloves	6 cloves
Nan's special seasoning	1 medium sachet	1 large sachet
risoni	1 medium packet	2 medium packets
vegetable stock pot	1 medium packet	2 medium packets
light cooking cream	1 medium packet	1 large packet
<b>water*</b>	1½ cups	3 cups
<b>honey*</b>	1 tbs	2 tbs
fetta cubes	1 medium packet	1 large packet
mild chorizo**	1 packet	2 packets

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2818kJ (674Cal)	400kJ (96Cal)
Protein (g)	23.1g	3.3g
Fat, total (g)	20g	2.8g
- saturated (g)	10.7g	1.5g
Carbohydrate (g)	98.2g	13.9g
- sugars (g)	35.7g	5.1g
Sodium (mg)	1317mg	187mg
Dietary Fibre (g)	13.2g	1.9g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4232kJ (1011Cal)	510kJ (122Cal)
Protein (g)	43.6g	5.3g
Fat, total (g)	47.9g	5.8g
- saturated (g)	21.4g	2.6g
Carbohydrate (g)	99.7g	12g
- sugars (g)	37.2g	4.5g
Sodium (mg)	2675mg	323mg
Dietary Fibre	13.4g	1.6g

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](https://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.
- 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**.

**TIP:** Peel the pumpkin if you prefer!

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## Start the risoni

- In a large saucepan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **leek**, stirring, until softened, **4-5 minutes**.
- Add **silverbeet**, **Nan's special seasoning** and **garlic** and cook until fragrant, **1 minute**.

**Custom Recipe:** In a large frying pan, heat a drizzle of olive oil over medium-high heat. Add chorizo and cook, stirring, until browned, 4-5 minutes. Set aside.

2



## Roast the veggies

- Place **red 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**.

5



## Finish the risoni

- To pan, 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 dente' and the water is absorbed, **12-15 minutes**.

**TIP:** Add a splash more water if the risoni looks dry!

3



## Get prepped

- While veggies are roasting, thinly slice **leek**.
- Roughly chop **silverbeet**.
- Finely chop **garlic**.

**Custom Recipe:** If you've added mild chorizo, cut chorizo into 1cm chunks.

6



## Serve up

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

**Custom Recipe:** Top risoni with roast pumpkin, mild chorizo and drizzle the honey over roast pumpkin.

## Rate your recipe

Did we make your tastebuds happy?

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