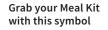


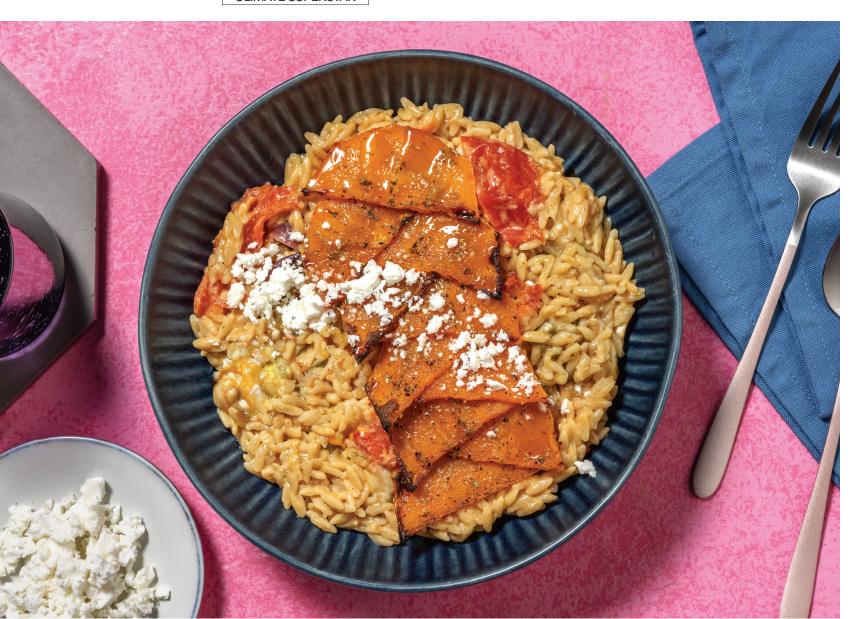
Honey Roasted Pumpkin & Creamy Leek Risoni

with Silverbeet & Fetta

CLIMATE SUPERSTAR















Dried Oregano

Tomato









Silverbeet

Nan's Special





Seasoning



Light Cooking



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!

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

Ingredients

ingi calcino			
	2 People	4 People	
olive oil*	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	
water*	1½ cups	3 cups	
honey*	1 tbs	2 tbs	
fetta cubes	1 medium packet	1 large packet	
mild chorizo**	1 packet	2 packets	
*D			

^{*}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 Posino		

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 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.
- 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!



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.



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.



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.



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!



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.



Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate