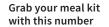


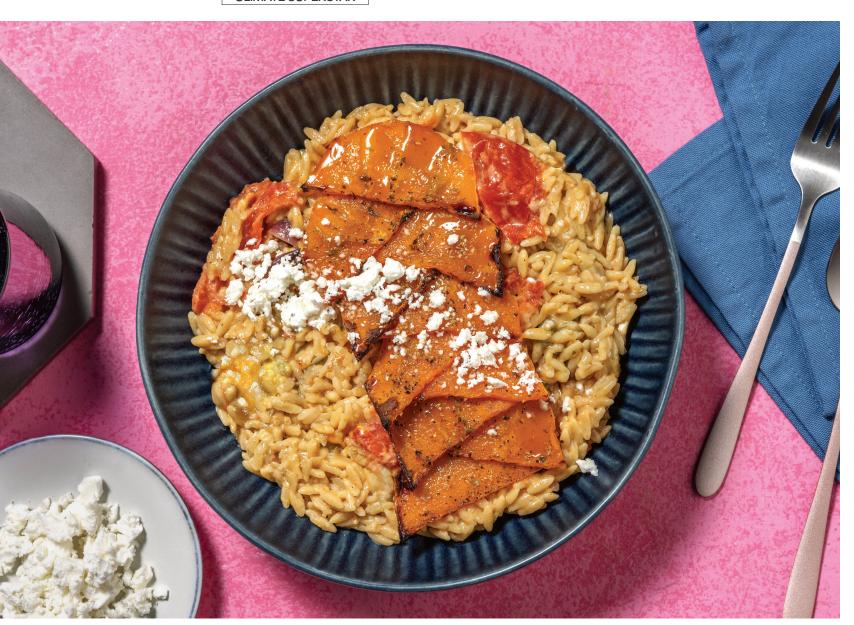
Honey Roasted Pumpkin & Creamy Leek Risoni

with Silverbeet & Fetta

CLIMATE SUPERSTAR













Tomato



Dried Oregano





Silverbeet





Nan's Special Seasoning



Risoni



Vegetable Stock



Light Cooking Cream



Fetta Cubes



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 hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

9			
	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 sachet	1 sachet	
leek	1	2	
silverbeet	1 medium packet	2 medium packets	
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 packet	2 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	

*Pantry Items Nutrition

Ave Otu	Per Serving	Per 100g
Avg Qty	•	-
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

1317mg

13.2g

The quantities provided above are averages only.

Allergens

- sugars (g)

Sodium (mg)

Dietary Fibre (g)

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.



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.



Start the risoni

- In a large saucepan, heat a drizzle of olive oil over a 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.



Finish the risoni

 To pan, 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: Add a splash more water if the risoni looks dry!



Serve up

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



5.1g

187mg

1.9g