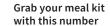


Honey Roasted Pumpkin & Creamy Leek Risoni

with Gourmet Garden Basil & Fetta

CLIMATE SUPERSTAR

















Dried Oregano

Tomato









Silverbeet



Risoni





Light Cooking





Fetta Cubes





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

Pantry items Olive Oil

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry.

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

in ign concrite			
	2 People	4 People	
olive oil*	refer to method	refer to method	
pumpkin	1 medium	2 medium OR 1 large	
red onion	1	2	
tomato	1	2	
dried oregano	½ medium sachet	1 medium 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	
lightly dried basil	½ packet	1 packet	
honey*	1 tbs	2 tbs	
fetta cubes	1 medium packet	1 large packet	
*Pantry Items			

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2818kJ (674cal)	199kJ (48cal)
Protein (g)	23.1g	1.6g
Fat, total (g)	20g	1.4g
- saturated (g)	10.7g	0.8g
Carbohydrate (g)	98.2g	6.9g
- sugars (g)	35.7g	2.5g
Sodium (mg)	1317mg	93.2mg
Dietary Fibre (g)	13.2g	0 9g

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.

In collaboration with



Grown on farms across Australia, this lightly dried basil adds extra flavour and depth to every meal.



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 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.
- Gently stir the roast veggies and Gourmet Garden lightly dried basil (see ingredients) through the risoni.

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



Serve up

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



ADD MILD CHORIZO

Roughly chop. Before cooking sauce, cook chorizo until golden, 4-6 minutes. Continue with recipe.

ADD DICED BACON

Before cooking sauce, cook diced bacon, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.



We're here to help!