



Honey Roasted Pumpkin & Creamy Leek Risoni

with Gourmet Garden Basil & Fetta

CLIMATE SUPERSTAR

Grab your meal kit with this number

33



Pumpkin



Red Onion



Tomato



Dried Oregano



Leek



Silverbeet



Garlic



Nan's Special Seasoning



Risoni



Vegetable Stock Pot



Light Cooking Cream



Lightly Dried Basil



Fetta Cubes



Mild Chorizo



Diced Bacon



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

Gourmet Garden's Aussie grown basil is lightly dried for a fresher flavour and lasts four weeks once opened. This delectable ingredient is stirred through creamy, veggie-packed risoni for a herby and hearty meal to dig into!

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 · Large saucepan with a lid

Ingredients

	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.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW38



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!

CUSTOM OPTIONS



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.

