



Italian Pesto Chickpea Veggie Bowl

with Risoni & Toasted Pine Nuts

CLIMATE SUPERSTAR

Grab your meal kit with this number

43



Sweet Potato



Carrot



Brown Onion



Chickpeas



Risoni



Diced Tomatoes With Onion & Garlic



Basil Pesto



Baby Spinach Leaves



Parmesan Cheese



Pine Nuts



Parsley



Diced Bacon



Chicken Breast

Prep in: 20-30 mins
Ready in: 35-45 mins

Here's how to get all the deep, rich flavours of a risotto with no stirring or extra work! Simply use handy risoni – the little grain-shaped pasta soaks up all the flavour for a simple and tasty side dish. Topped with pesto, chickpeas and sweet roasted veggies, this is comfort food at its finest.

Pantry items

Olive Oil, Brown Sugar, Butter

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

Oven tray lined with baking paper · Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	1	2
carrot	1	2
brown onion	1	2
chickpeas	½ packet	1 packet
water*	2 cups	4 cups
risoni	1 medium packet	2 medium packets
diced tomatoes with onion & garlic	1 packet	2 packets
brown sugar*	1 tsp	2 tsp
butter*	20g	40g
basil pesto	2 packets	4 packets
baby spinach leaves	1 medium packet	1 large packet
Parmesan cheese	1 medium packet	1 large packet
pine nuts	1 medium packet	1 large packet
parsley	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4252kJ (1016cal)	263kJ (63cal)
Protein (g)	28.5g	1.8g
Fat, total (g)	51.9g	3.2g
- saturated (g)	13.2g	0.8g
Carbohydrate (g)	101.8g	6.3g
- sugars (g)	25.4g	1.6g
Sodium (mg)	2544mg	157.4mg
Dietary Fibre (g)	20.1g	1.2g

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.

1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **sweet potato** and **carrot** into bite-sized chunks.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil** and season with a pinch of **salt** and **pepper**.
- Toss to coat, then bake until tender, **20-25 minutes**.

4



Start the stew

- When the veggies have **10 minutes** left, heat a large frying pan over medium-high heat. Add **onion** and cook, tossing, until softened, **4-5 minutes**.
- Add **chickpeas, diced tomatoes with onion & garlic**, the **brown sugar** and a splash of **water** and cook, until slightly thickened, **4-5 minutes**.

2



Get prepped

- While the vegetables are roasting, finely chop **brown onion**.
- Drain and rinse **chickpeas (see ingredients)**.

5



Finish the stew

- To frying pan, add the **butter, basil pesto, roasted veggies** and **baby spinach leaves**. Season to taste.

3



Cook the risoni

- Heat a medium saucepan over medium-high heat.
- Add the **water** and **risoni**. Bring to the boil, then reduce the heat to medium and simmer, stirring occasionally, for **7-8 minutes**, or until the risoni is 'al dente' and the water has absorbed.

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

TIP: 'Al dente' pasta is cooked through but still slightly firm in the centre.

6



Serve up

- Divide the risoni between bowls and top with the Italian pesto chickpea and veggie stew.
- Garnish with **Parmesan cheese** and **pine nuts**. Tear over **parsley** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW46



CUSTOM OPTIONS



ADD DICED BACON

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



ADD CHICKEN BREAST

Thinly slice into strips. Before cooking sauce, cook chicken breast, 4-6 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.

