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## Baked Veggie Risoni with Parmesan Cheese

Risoni's such a great, versatile little pasta. It's of course delicious (like all pasta!), but behaves almost like rice, meaning this baked risoni is like a pasta bake, ratatouille and risotto all in one. You'll love the richness of this sauce with eggplant and zucchini.

 **Prep:** 15 mins  
 **Cook:** 35 mins  
 **Total:** 50 mins

 level 1  
 low sodium  
 nut free

### Pantry Items



Olive Oil



Water



Brown Sugar



Smoked Paprika



Red Onion



Eggplant



Garlic



Risoni



Diced Tomatoes



Zucchini



Parmesan Cheese

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| 2P       | 4P        | Ingredients                      |
|----------|-----------|----------------------------------|
| 1 tbs    | 2 tbs     | olive oil *                      |
| 1 sachet | 2 sachets | smoked paprika                   |
| ½        | 1         | red onion, finely diced          |
| 1        | 2         | eggplant, cut into 1 cm cubes    |
| 2 cloves | 4 cloves  | garlic, peeled & crushed         |
| 1 packet | 2 packets | risoni                           |
| 1 tin    | 2 tins    | diced tomatoes                   |
| 1 cup    | 2 cups    | water *                          |
| ½ tsp    | 1 tsp     | brown sugar * (optional)         |
| 1        | 2         | zucchini, sliced into thin discs |
| 1 block  | 2 blocks  | Parmesan cheese, finely grated   |

⊕ Ingredient features in another recipe

\* Pantry Items

🌿 Pre-preparation

#### Nutrition per serve

|              |      |    |
|--------------|------|----|
| Energy       | 2000 | Kj |
| Protein      | 21.9 | g  |
| Fat, total   | 16.6 | g  |
| -saturated   | 5.7  | g  |
| Carbohydrate | 54.1 | g  |
| -sugars      | 18.2 | g  |
| Sodium       | 389  | mg |

2a



2b



2c



2d



**You will need:** chef's knife, chopping board, garlic crusher, fine grater, heavy based pot or saucepan, wooden spoon and baking dish.

**1** Preheat the oven to **200°C/180°C** fan-forced.

**2** Heat a heavy based pot or saucepan over a medium heat. Add in the **olive oil, smoked paprika, red onion, eggplant** and **garlic**, then fry until the eggplant softens (about **10 minutes**). Add the **risoni** and stir to coat the grains in oil. Then add in the **diced tomatoes** and **water**, with the **brown sugar, salt** and **pepper**. Bring it to the boil and cook for **5 minutes**. Then add in the **zucchini** and half of the **Parmesan cheese**. Stir to combine and transfer the mixture to a baking dish (no need if the pot is oven proof), then top with the remaining Parmesan cheese. Cook in the oven for **20 minutes**.

**3** To serve, divide the baked risoni between bowls. Enjoy!

**Did you know?** Risoni is also referred to as Orzo.