



Honey-Roasted Pumpkin & Silverbeet Risoni

with Crumbled Fetta

Grab your Meal Kit with this symbol



Pumpkin



Red Onion



Tomato



Dried Oregano



Silverbeet



Garlic



Nan's Special Seasoning



Risoni



Vegetable Stock Pot



Light Cooking Cream



Fetta Cubes



Diced Bacon

Recipe Update

Unfortunately, some of this week's ingredients were in short supply. As such, what you receive may be slightly different to what is pictured. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

Prep in: 25-35 mins
Ready in: 30-40 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!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Honey

Before you start

Wash your hands and any fresh food.

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

	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	1 sachet	1 sachet
silverbeet	1 medium bag	1 large bag
garlic	3 cloves	6 cloves
Nan's special seasoning	1 medium sachet	1 large sachet
risoni	1 medium packet	1 large packet
vegetable stock pot	1 packet (20g)	2 packets (40g)
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
diced bacon**	1 packet (90g)	1 packet (180g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3270kJ (782Cal)	454kJ (109Cal)
Protein (g)	23.8g	3.3g
Fat, total (g)	32.4g	4.5g
- saturated (g)	18.5g	2.6g
Carbohydrate (g)	94.8g	13.2g
- sugars (g)	35.5g	4.9g
Sodium (mg)	1462mg	203mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3681kJ (880Cal)	481kJ (115Cal)
Protein (g)	30.9g	4g
Fat, total (g)	38.6g	5g
- saturated (g)	20.9g	2.7g
Carbohydrate (g)	95.6g	12.5g
- sugars (g)	36g	4.7g
Sodium (mg)	1909mg	249mg

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.

We're here to help!

Scan here if you have any questions or concerns



1



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**, drizzle with **olive oil** and season with **salt**. Toss to coat. Roast until tender, **20-25 minutes**.

TIP: Peel the pumpkin if you prefer!

2



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**.

3



Get prepped

- Roughly chop **silverbeet**.
- Finely chop **garlic**.

4



Start the risoni

- In a large saucepan, heat a drizzle of **olive oil** over a medium-high heat.
- Add **silverbeet**, **Nan's special seasoning** and **garlic** and cook until fragrant, **1 minute**.

Custom Recipe: If you've added diced bacon, cook bacon, breaking bacon up with a spoon, 4-6 minutes. Continue with the step.

5



Finish the risoni

- To the 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!

6



Serve up

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

Rate your recipe

Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate