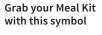# HELLO FRESH

Italian Pesto Chickpea Veggie Bowl
with Risoni & Toasted Pine Nuts

CLIMATE SUPERSTAR

Sweet Potato

Carrot

Brown Onion

Chickpeas

Vegetable Stock Powder

Risoni

Diced Tomatoes With Garlic & Onion

Baby Spinach Leaves
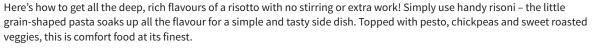
Pine Nuts

Basil Pesto

Shaved Parmesan Cheese

Chicken Breast

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.

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

Eat Me Early*
*Custom Recipe only

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

Pantry items

Olive Oil, Brown Sugar, Butter

J

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 tin	1 tin
*water**	2 cups	4 cups
vegetable stock powder	1 medium sachet	1 large sachet
risoni	1 medium packet	1 large packet
diced tomatoes with garlic & onion	1 box	2 boxes
*brown sugar**	1 tsp	2 tsp
*butter**	20g	40g
basil pesto	2 medium packets	4 medium packets
baby spinach leaves	1 medium bag	1 large bag
shaved Parmesan cheese	1 medium packet	1 large packet
pine nuts	1 medium packet	1 large packet
chicken breast**	1 small packet	1 large packet

***Pantry Items** **Custom Recipe Ingredient*

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4223kJ (1009Cal)	575kJ (137Cal)
Protein (g)	31.4g	4.3g
Fat, total (g)	53.2g	7.2g
- saturated (g)	12.4g	1.7g
Carbohydrate (g)	109.3g	14.9g
- sugars (g)	28.8g	3.9g
Sodium (mg)	1943mg	265mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4984kJ (1191Cal)	554kJ (132Cal)
Protein (g)	64.7g	7.2g
Fat, total (g)	58.5g	6.5g
- saturated (g)	14.1g	1.6g
Carbohydrate (g)	109.3g	12.2g
- sugars (g)	28.8g	3.2g
Sodium (mg)	2031mg	226mg

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 the 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**.

2

Get prepped

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

Custom Recipe: If you've added chicken breast, cut chicken into 2cm chunks.

3

Cook the risoni

- Heat a medium saucepan over medium-high heat.
- Add the **water**, **vegetable stock powder** and **risoni**. Bring to the boil, then reduce the heat to medium and simmer, stirring occasionally, for **13-15 minutes**, or until the **risoni** is 'al-dente' and the water has absorbed.

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

4

Start the stew

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

Custom Recipe: Before cooking the onion, heat a large frying pan with a drizzle of olive oil over high heat, cook the chicken, tossing ocassionally, 5-6 minutes. Transfer to a bowl. Continue with step as above.

5

Finish the stew

- Gently stir through the **butter**, **basil pesto**, **roasted vegetables** and **baby spinach leaves** into the frying pan. Season to taste.

Custom Recipe: Stir chicken through stew along with veggies.

6

Serve up

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

Rate your recipe

Did we make your tastebuds happy? Let our culinary team know: **hellofresh.com.au/rate**