



# Easy Roast Pumpkin & Pesto Risoni

with Fetta & Garlic Pangrattato

Grab your Meal Kit with this symbol



Capsicum



Peeled & Chopped Pumpkin



Garlic Paste



Vegetable Stock Powder



Risoni



Parsley



Panko Breadcrumbs



Chilli Flakes (Optional)



Lemon



Baby Spinach Leaves



Basil Pesto



Fetta Cubes



Hands-on: **15-25 mins**  
Ready in: **30-40 mins**



Spicy (optional chilli flakes)



Calorie Smart

Cosy up to this nourishing pasta dish with flavour-packed basil pesto, fetta and roasted pumpkin. Topped with pangrattato for added crunch, it's super special and sure to satisfy.

## Pantry items

Olive Oil

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

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

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
capsicum	1	2
peeled & chopped pumpkin	1 packet (200g)	1 packet (400g)
garlic paste	1 packet	2 packets
water*	2 cups	4 cups
vegetable stock powder	1 medium sachet	1 large sachet
risoni	1 medium packet	1 large packet
parsley	1 bag	1 bag
panko breadcrumbs	½ medium packet	1 medium packet
chilli flakes	pinch	pinch
lemon	½	1
baby spinach leaves	1 bag (30g)	1 bag (60g)
basil pesto	1 packet (50g)	1 packet (100g)
fetta cubes	1 large packet	2 large packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2522kJ (602Cal)	549kJ (131Cal)
Protein (g)	24.9g	5.4g
Fat, total (g)	20.2g	4.4g
- saturated (g)	8.2g	1.8g
Carbohydrate (g)	75g	16.3g
- sugars (g)	11.1g	2.4g
Sodium (mg)	1434mg	312mg

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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

If you have any questions or concerns, please visit [hellofresh.com.au/contact](https://hellofresh.com.au/contact)

2021 | CW27



## Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **capsicum** into bite-sized chunks. Place **capsicum** and **peeled & chopped pumpkin** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat.
- Spread in a single layer and roast until tender, **20-25 minutes**.



## Cook the pangrattato

- While risoni is cooking, roughly chop **parsley**.
- In a medium frying pan, heat a drizzle of **olive oil** over a medium-high heat.
- Cook **panko breadcrumbs** (see ingredients), stirring, until golden brown, **3 minutes**. Add a pinch of **chilli flakes** (if using) and remaining **garlic paste** and cook until fragrant, **1 minute**. Season and stir through the **parsley**. Set aside.
- Cut the **lemon** into wedges.



## Cook the risoni

- Meanwhile, heat a drizzle of **olive oil** in a medium saucepan over a medium-high heat.
- Add 1/2 the **garlic paste** and cook until fragrant, **1 minute**.
- Add the **water**, **vegetable stock powder** and **risoni**. 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, **13-15 minutes**.

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



## Serve up

- Gently stir roasted veggies, **baby spinach leaves**, **basil pesto**, a squeeze of lemon juice and 1/2 the **fetta cubes** through the risoni. Season.
- Divide roast pumpkin risoni between bowls. Sprinkle with garlic pangrattato and crumble over the remaining fetta cubes. Serve with any remaining lemon wedges.

Enjoy!