

# Easy Roast Pumpkin & Pesto Risoni with Fetta & Garlic Pangrattato

Grab your Meal Kit with this symbol









Pumpkin



Garlic Paste





Powder







Panko Breadcrumbs



Chilli Flakes (Optional)





Lemon

**Baby Spinach** 



**Basil Pesto** 

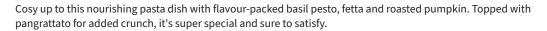
Fetta Cubes

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

Calorie Smart



Spicy (optional





## 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  $\cdot$  Medium saucepan  $\cdot$  Medium frying pan

# Ingredients

9		
	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	1/2	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

<sup>\*</sup>Pantry Items

# **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2522kJ (602Cal)	<b>549kJ</b> (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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



# 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 mediumhigh 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!