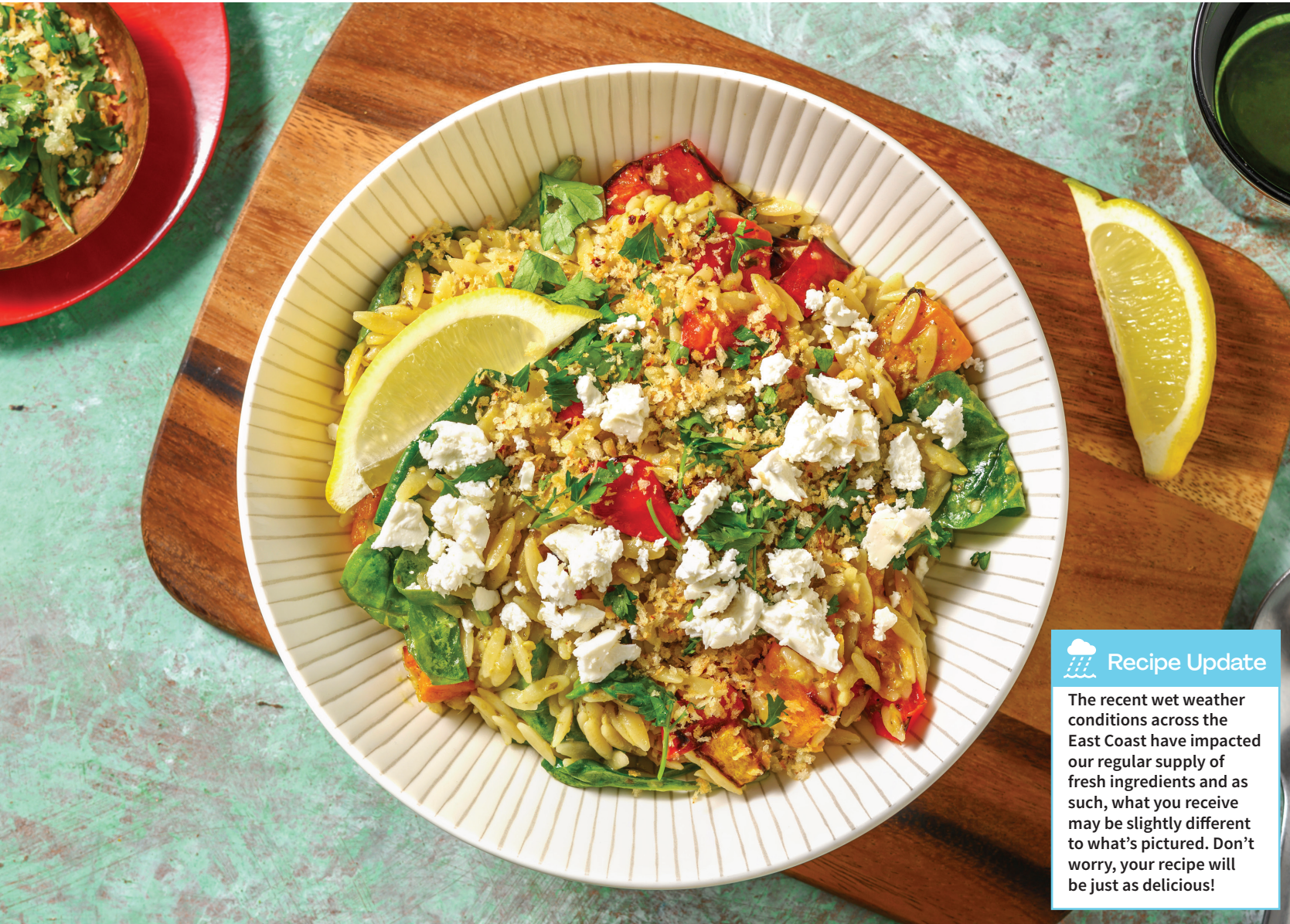


Easy Pumpkin & Fetta Risoni

with Chilli Pangrattato & Basil Pesto

Grab your Meal Kit with this symbol



Tomato



Kale



Peeled & Chopped Pumpkin



Garlic Paste



Vegetable Stock Powder



Risoni



Parsley



Panko Breadcrumbs



Chilli Flakes (Optional)



Lemon



Basil Pesto



Fetta Cubes

Recipe Update

The recent wet weather conditions across the East Coast have impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: 15-25 mins
 Ready in: 30-40 mins
 Spicy (optional chilli flakes)

Cosy up to this nourishing pasta dish with flavour-packed basil pesto, feta 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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
tomato	1	2
kale	½ medium bag	1 medium bag
peeled & chopped pumpkin	1 small bag	1 medium bag
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 (optional)	pinch	pinch
lemon	½	1
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)	3042kJ (727Cal)	697kJ (166Cal)
Protein (g)	25.9g	5.9g
Fat, total (g)	34.1g	7.8g
- saturated (g)	10g	2.3g
Carbohydrate (g)	75.2g	17.2g
- sugars (g)	8.9g	2g
Sodium (mg)	1532mg	351mg

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 oven to **220°C/200°C fan-forced**. Cut **tomato** into thick wedges. Tear **kale** (see ingredients) leaves from stem, then roughly chop leaves.
- Place **tomato** and **peeled & chopped pumpkin** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast until softened, **10-15 minutes**.
- Add **kale** to the tray, then return to the oven to roast until tender, **10-15 minutes**.

TIP: If your oven tray is crowded, divide the veggies between two trays.

3



Cook the pangrattato

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

2



Cook the risoni

- Meanwhile, heat a drizzle of **olive oil** in a medium saucepan over a medium-high heat. Cook 1/2 the **garlic paste** 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!

TIP: 'Al dente' pasta is cooked through but still slightly firm in the centre.

4



Serve up

- Cut **lemon** into wedges.
- Gently stir roasted veggies, **basil pesto**, a squeeze of lemon juice and 1/2 the **fetta cubes** through the risoni. Season to taste.
- Divide pumpkin and fetta risoni between plates. Sprinkle with chilli pangrattato. Crumble over remaining fetta. Serve with any remaining lemon wedges.

Enjoy!