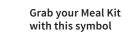


Homestyle Pumpkin & Leek Risotto with Basil Pesto & Parmesan Cheese

NEW

CLIMATE SUPERSTAR













Vegetable Stock Powder





Peeled Pumpkin



Pieces



Baby Leaves







Prep in: 15-25 mins Ready in: 40-50 mins

This roasted pumpkin and leek risotto comes together in the oven, leaving you to kick your feet up and enjoy quality time with the ones who matter. Basil pesto stirred through at the end adds a pop of bright flavour, elevating this dish to a whole new level of yum.

Pantry items

Olive Oil, Butter, White Wine Vinegar

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

Large frying pan · Medium or large baking dish · Oven tray lined with baking paper

Inaredients

	2 People	4 People
olive oil*	refer to method	refer to method
risotto-style rice	1 packet	2 packets
garlic & herb seasoning	1 large sachet	2 large sachets
vegetable stock powder	1 medium sachet	1 large sachet
water*	21/4 cups	4½ cups
leek	1	2
peeled pumpkin pieces	1 medium packet	1 large packet
butter*	20g	40g
basil pesto	1 medium packet	1 large packet
baby leaves	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
grated Parmesan cheese	1 medium packet	1 large packet
grated Parmesan cheese**	1 medium packet	1 large packet

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Per Serving	Per 100g
3295kJ (788Cal)	729kJ (174Cal)
19.9g	4.4g
33.9g	7.5g
11.5g	2.5g
98.3g	21.8g
16.7g	3.7g
1572mg	348mg
	3295kJ (788Cal) 19.9g 33.9g 11.5g 98.3g 16.7g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3499kJ (836Cal)	753kJ (180Cal)
Protein (g)	24.2g	5.2g
Fat, total (g)	37.4g	8g
- saturated (g)	13.8g	3g
Carbohydrate (g)	98.4g	21.2g
- sugars (g)	16.9g	3.6g
Sodium (mg)	1664mg	358mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/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





Bake the risotto

- Preheat oven to 240°C/220°C fan-forced.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook risotto-style rice and garlic & herb seasoning, stirring, until fragrant, 1-2 minutes.
- Add vegetable stock powder and the water. Bring to the boil, then remove pan from heat. Transfer risotto to a baking dish.
- Cover tightly with foil and bake until liquid is absorbed and rice is 'al dente', 28-32 minutes.



Roast the veggies

- Meanwhile, thickly slice leek.
- Place leek and peeled pumpkin pieces on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat.
- Spread out evenly, then roast until tender and brown around edges, 12-15 minutes.



Finish the risotto

- Remove risotto from oven and stir through the butter, roasted veggies, basil pesto, baby leaves and a drizzle of white wine vinegar.
- Stir through a splash of water to loosen risotto if needed. Season to taste.



Serve up

- Divide homestyle pumpkin and leek risotto between bowls.
- Sprinkle with grated Parmesan cheese to serve. Enjoy!

Custom Recipe: If you've doubled your grated Parmesan cheese, sprinkle over extra cheese as above.

