



Homestyle Pumpkin & Leek Risotto

with Basil Pesto & Parmesan Cheese

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Risotto-Style Rice



Garlic & Herb Seasoning



Vegetable Stock Powder



Leek



Peeled Pumpkin Pieces



Basil Pesto



Baby Leaves



Grated Parmesan Cheese



Grated Parmesan Cheese

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.

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

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

Ingredients

	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*	2¼ 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

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3295kJ (788Cal)	729kJ (174Cal)
Protein (g)	19.9g	4.4g
Fat, total (g)	33.9g	7.5g
- saturated (g)	11.5g	2.5g
Carbohydrate (g)	98.3g	21.8g
- sugars (g)	16.7g	3.7g
Sodium (mg)	1572mg	348mg

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



1



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**.

3



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.

2



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**.

4



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.

Rate your recipe

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