

# Basil Pesto & Roast Pumpkin Risoni

with Chilli Pangrattato & Feta Cheese

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Courgette



Peeled Pumpkin Pieces



Garlic



Baby Leaves



Parsley



Vegetable Stock Powder



Garlic & Herb Seasoning



Risoni



Panko Breadcrumbs



Chilli Flakes (Optional)



Basil Pesto



Cow's Milk Feta



Chicken Breast

Prep in: 15-25 mins  
Ready in: 30-40 mins

Eat Me Early\*  
\*Custom Recipe only

Risoni – the clever pasta that looks like rice – is the ideal ingredient in this warm bowl. With pumpkin and courgette, this dinner filled with goodness gets the welcome addition of feta cheese and basil pesto to really raise the flavour stakes.

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

### Pantry items

Olive Oil, 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

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

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
courgette	1	2
peeled pumpkin pieces	1 small packet	1 medium packet
garlic	3 cloves	6 cloves
baby leaves	1 small packet	1 medium packet
parsley	1 packet	1 packet
<b>water*</b>	2 cups	4 cups
vegetable stock powder	1 medium sachet	1 large sachet
garlic & herb seasoning	1 medium sachet	1 large sachet
risoni	1 large packet	2 large packets
panko breadcrumbs	½ medium packet	1 medium packet
chilli flakes (optional)	pinch	pinch
basil pesto	1 medium packet	1 large packet
<b>white wine vinegar*</b>	drizzle	drizzle
cow's milk feta	½ packet	1 packet
chicken breast**	1 medium packet	2 medium packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3741kJ (894Cal)	769kJ (184Cal)
Protein (g)	33.2g	6.8g
Fat, total (g)	40.9g	8.4g
- saturated (g)	15g	3.1g
Carbohydrate (g)	93.8g	19.3g
- sugars (g)	10.3g	2.1g
Sodium (mg)	2064mg	424mg
Dietary Fibre (g)	6.9g	1.4g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4512kJ (1078Cal)	679kJ (162Cal)
Protein (g)	72.1g	10.9g
Fat, total (g)	44.1g	6.6g
- saturated (g)	16g	2.4g
Carbohydrate (g)	94.8g	14.3g
- sugars (g)	10.5g	1.6g
Sodium (mg)	2198mg	331mg
Dietary fibre	6.9g	1g

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](https://hellofresh.co.nz/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**. Thinly slice **courgette** into half-moons.
- Place **peeled pumpkin pieces** and **courgette** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Spread out evenly, then roast until tender, **12-15 minutes**.
- Meanwhile, finely chop **garlic**. Roughly chop **baby leaves** and **parsley**.

**Custom Recipe:** If you've added chicken breast, place your hand flat on top of chicken breast and slice through horizontally to make two thin steaks.

3



## Make the pangrattato

- In a large frying pan, heat a drizzle of **olive oil** over 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** and cook until fragrant, **1 minute**. Season, then stir through **parsley**. Transfer to a bowl.
- When the risoni is cooked, gently stir **roasted veggies**, **baby leaves**, **basil pesto**, a drizzle of **white wine vinegar** and half the **feta cheese** (see ingredients) through **risoni**. Season to taste.

**Custom Recipe:** After cooking pangrattato, return frying pan to medium-high heat with a drizzle of olive oil. Cook chicken until cooked through, 3-5 minutes each side (when no longer pink inside).

2



## Cook the risoni

- Meanwhile, heat a medium saucepan over medium-high heat with a drizzle of **olive oil**. Cook half the **garlic** until fragrant, **1 minute**.
- Add the **water**, **vegetable stock powder**, **garlic & herb seasoning** and **risoni** and bring to the boil.
- Reduce heat to medium and simmer, stirring occasionally, until water is absorbed and risoni is 'al dente', **13-15 minutes**.

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

4



## Serve up

- Divide pesto and roast pumpkin risoni between bowls. Top with chilli pangrattato.
- Crumble over remaining feta cheese to serve. Enjoy!

**Custom Recipe:** Slice chicken steaks and top risoni to serve.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW19

