



Mediterranean Pumpkin & Courgette Risotto

with Baby Leaves, Parmesan & Flaked Almonds

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Leek



Celery



Courgette



Garlic & Herb Seasoning



Risotto-Style Rice



Vegetable Stock Powder



Peeled Pumpkin Pieces



Flaked Almonds



Chargilled Capsicum Relish



Grated Parmesan Cheese



Baby Leaves



Chicken Breast

Recipe Update

Due to local availability, we've replaced some of your ingredients. They may be a little different to what's pictured, but just as delicious!

Prep in: 20-30 mins
Ready in: 45-55 mins



Calorie Smart[^]
[^]Custom Recipe is not Calorie Smart



Eat Me Early*

*Custom Recipe only

This rich pumpkin and courgette risotto comes together in the oven, leaving you to kick your feet up and enjoy quality time with the ones who matter. With a flavourful chargilled capsicum relish stirred through and a sprinkle of flaked almonds on top, this Mediterranean delight is a must-have meal!

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

Pantry items

Olive Oil, Balsamic Vinegar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after cutting raw meat/poultry.

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 · Oven tray lined with baking paper · Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
leek	1	2
celery	1 stalk	2 stalks
courgette	1	2
garlic & herb seasoning	1 medium sachet	1 large sachet
risotto-style rice	1 packet	2 packets
water*	2 cups	4 cups
vegetable stock powder	1 medium sachet	1 large sachet
peeled pumpkin pieces	1 small packet	1 medium packet
flaked almonds	1 packet	2 packets
chargrilled capsicum relish	1 medium packet	1 large packet
grated Parmesan cheese	1 large packet	2 large packets
baby leaves	1 small packet	1 medium packet
balsamic vinegar*	drizzle	drizzle
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)	2560kJ (612Cal)	683kJ (163Cal)
Protein (g)	21.1g	5.6g
Fat, total (g)	17.3g	4.6g
- saturated (g)	6.5g	1.7g
Carbohydrate (g)	91.3g	24.4g
- sugars (g)	14.2g	3.8g
Sodium (mg)	1365mg	364mg
Dietary Fibre (g)	3.8g	1g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3331kJ (796Cal)	603kJ (144Cal)
Protein (g)	60.1g	10.9g
Fat, total (g)	20.5g	3.7g
- saturated (g)	7.5g	1.4g
Carbohydrate (g)	92.3g	16.7g
- sugars (g)	14.4g	2.6g
Sodium (mg)	1499mg	272mg
Dietary fibre	3.8g	0.7g

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.



Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Thinly slice **leek**. Finely chop **celery**. Slice **courgette** into half-moons.

Custom Recipe: If you've added chicken breast, cut into 2cm chunks.



Finish the risotto

- Remove **risotto** from oven. Stir through **chargrilled capsicum relish** and half the **grated Parmesan cheese**. Season to taste.

TIP: If the risotto is dry, stir through a splash of water.

Custom Recipe: Stir cooked chicken through the risotto with the capsicum relish.



Start the risotto

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **celery** and **leek**, stirring, until softened, **4-5 minutes**.
- Add **garlic & herb seasoning** and cook until fragrant, **1 minute**.
- Add **risotto-style rice**, stirring to combine. Add the **water** and **vegetable stock powder** and bring to the boil. Cook, stirring, until combined, **2 minutes**.
- Transfer **risotto** to a baking dish. Cover tightly with foil and bake until liquid is absorbed and rice is 'al dente', **24-28 minutes**.

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



Toss the salad

- In a medium bowl, combine **baby leaves** and a drizzle of **balsamic vinegar** and **olive oil**. Season to taste.



Bake the pumpkin & courgette

- When the risotto has **15 minutes** remaining, place **peeled pumpkin pieces**, **courgette** and **flaked almonds** on a lined oven tray.
- Drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then roast until tender, **12-15 minutes**.

Custom Recipe: While the pumpkin is baking, return fry pan to high heat with a drizzle of olive oil. When oil is hot, cook chicken, tossing, until browned and cooked through (when no longer pink inside), 5-6 minutes. Transfer to a plate and cover to keep warm.



Serve up

- Divide Mediterranean risotto between bowls.
- Top with dressed baby leaves, roast pumpkin and courgette.
- Sprinkle over remaining Parmesan cheese. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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