



# Roast Pumpkin & Capsicum Relish Orecchiette

with Courgette & Feta

NEW

CLIMATE SUPERSTAR

Grab your meal kit with this number

34



Courgette



Garlic



Peeled Pumpkin Pieces



Nan's Special Seasoning



Orecchiette



Tinned Cherry Tomatoes



Vegetable Stock Powder



Chargrilled Capsicum Relish



Baby Leaves



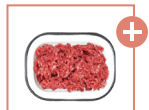
Cow's Milk Feta



Chilli Flakes (Optional)



Pork Mince



Beef Mince

### Recipe Update

We've replaced the risini in this recipe with orecchiette due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

Prep in: 20-30 mins  
Ready in: 30-40 mins

This may be our most perfect pasta creation yet, with cherry tomatoes and our chargrilled capsicum relish lending richness and flavour to perfectly cooked orecchiette. Let's top it with roasted veggies and crumbly, creamy feta for a meal that will warm your soul all year round.

### Pantry items

Olive Oil, Brown Sugar, Butter

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

**If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches**

## You will need

Two oven trays lined with baking paper · Large saucepan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
courgette	1	2
garlic	2 cloves	4 cloves
peeled pumpkin pieces	1 small packet	1 medium packet
Nan's special seasoning	1 medium sachet	1 large sachet
orecchiette	1 medium packet	2 medium packets
tinned cherry tomatoes	1 tin	2 tins
vegetable stock powder	1 medium sachet	1 large sachet
<b>brown sugar*</b>	2 tsp	4 tsp
chargrilled capsicum relish	1 medium packet	1 large packet
<b>butter*</b>	20g	40g
baby leaves	1 small packet	1 medium packet
cow's milk feta	½ packet	1 packet
chilli flakes (optional)	pinch	pinch

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3544kJ (847Cal)	526kJ (126Cal)
Protein (g)	32.4g	4.8g
Fat, total (g)	35.3g	5.2g
- saturated (g)	18.8g	2.8g
Carbohydrate (g)	93.4g	13.9g
- sugars (g)	21.7g	3.2g
Sodium (mg)	2369mg	352mg
Dietary Fibre (g)	9.5g	1.4g

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.

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW29



## Roast the veggies

- Preheat oven to **220°C/200°C fan forced**.
- Cut **courgette** into bite-sized chunks. Finely chop **garlic**.
- Place **courgette** and **peeled & chopped pumpkin** on the lined oven tray. Sprinkle over **Nan's special seasoning**, drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until tender, **20-25 minutes**.



## Finish the sauce

- Remove pan from heat, add **chargrilled capsicum relish** and the **butter** and stir to combine.



## Cook the orecchiette

- Half-fill a large saucepan with **water**, add a generous pinch of **salt**, then bring to the boil over high heat.
- When the veggies have **10 minutes** cook time remaining, add **orecchiette** to the boiling water and cook until 'al dente', **8 minutes**.
- Drain **pasta** and set aside.



## Bring it all together

- To the saucepan with the sauce, add **cooked orecchiette, roasted veggies** and **baby leaves**. Stir to combine, then season to taste.



## Start the sauce

- Return saucepan to medium-high heat with a drizzle of **olive oil**. Cook **garlic** until fragrant, **1 minute**.
- Add **tinned cherry tomatoes, vegetable stock powder** and the **brown sugar** and cook until softened, **2-3 minutes**.



## Serve up

- Divide capsicum relish and cherry tomato orecchiette between bowls.
- Crumble over **feta** and garnish with a pinch of **chilli flakes** (if using) to serve. Enjoy!

## CUSTOM OPTIONS

### + ADD PORK MINCE

Before cooking sauce, cook mince, breaking up with a spoon, until browned, 4-5 minutes.

### + ADD BEEF MINCE

Before cooking sauce, cook mince, breaking up with a spoon, until browned, 4-5 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

