

Roast Eggplant Ratatouille Risoni

with Parmesan & Basil Pesto

NEW

Grab your meal kit with this number

19



Eggplant



Capsicum



Courgette



Onion



Lemon Pepper Spice Blend



Risoni



Tomato Paste



Aussie Spice Blend



Plant-Based Basil Pesto



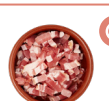
Grated Parmesan Cheese



Parsley



Grated Parmesan Cheese



Diced Bacon

Prep in: 10-20 mins
Ready in: 35-45 mins

Ratatouille - we love this Mediterranean veggie dish so much, how can we possibly improve it? We think we've found a way. Take all those flavour-packed roast veggies and stir them through perfectly cooked risoni in a tomato-based sauce. For added yumminess, top with a dollop of pesto and a flourish of Parmesan cheese.

Pantry items

Olive Oil, Butter, Brown Sugar

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

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
eggplant	1	2
capsicum	1	2
courgette	1	2
onion	½	1
lemon pepper spice blend	1 medium sachet	1 large sachet
risoni	1 medium packet	2 medium packets
tomato paste	1 packet	2 packets
Aussie spice blend	1 medium sachet	1 large sachet
butter*	20g	40g
brown sugar*	1 tsp	2 tsp
plant-based basil pesto	1 medium packet	2 medium packets
grated Parmesan cheese	1 medium packet	1 large packet
parsley	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3000kJ (717Cal)	627kJ (149Cal)
Protein (g)	21.5g	4.5g
Fat, total (g)	34.2g	7.1g
- saturated (g)	10.6g	2.2g
Carbohydrate (g)	80.4g	16.8g
- sugars (g)	15g	3.1g
Sodium (mg)	1112mg	232mg
Dietary Fibre (g)	11.4g	2.4g

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 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 | CW46



1



Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **eggplant** into quarters lengthways, then deeply score the flesh to make a criss-cross pattern. Thinly slice **capsicum**. Cut **courgette** into bite-sized chunks. Cut **onion (see ingredients)** into wedges.
- Place **veggies** on a lined oven tray. Sprinkle **lemon pepper spice blend** over eggplant, drizzle veggies with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then roast until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide the veggies between two trays.

3



Make the sauce

- When the veggies have **5 minutes** remaining, in a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Add **tomato paste** and **Aussie spice blend** and cook until fragrant, **1 minute**.
- Add the **reserved pasta water** and simmer until thickened, **1-2 minutes**.
- Add **cooked risoni, capsicum, courgette, onion, the butter and brown sugar** and stir to combine. Season to taste.

CUSTOM OPTIONS



DOUBLE GRATED PARMESAN CHEESE

Follow method above.



ADD DICED BACON

Before cooking sauce, cook diced bacon, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.

2



Cook the risoni

- Meanwhile, half-fill a large saucepan with water, add a generous pinch of **salt**, then bring to the boil over high heat. Cook **risoni** in boiling water until 'al dente', **7-8 minutes**.
- Reserve **pasta water** (½ cup for 2 people / ¾ cup for 4 people). Drain **risoni**, then return to saucepan.

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

4



Serve up

- Divide ratatouille risoni between bowls.
- Top with roast eggplant and drizzle over **plant-based basil pesto**.
- Sprinkle with **grated Parmesan cheese**. Tear over **parsley** to serve. Enjoy!

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

