

# Basil Pesto & Roast Pumpkin Risoni

with Chilli Pangrattato & Feta Cheese

CLIMATE SUPERSTAR

Grab your meal kit with this number

19



Courgette



Peeled Pumpkin Pieces



Garlic



Baby Leaves



Parsley



Vegetable Stock Powder



Garlic & Herb Seasoning



Risoni



Panko Breadcrumbs



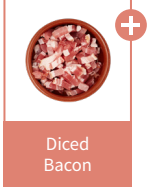
Chilli Flakes (Optional)



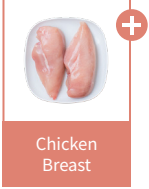
Plant-Based Basil Pesto



Cow's Milk Feta



Diced Bacon



Chicken Breast

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

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.

### Pantry items

Olive Oil, White Wine Vinegar

## 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 · 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 medium packet	2 medium packets
panko breadcrumbs	½ medium packet	1 medium packet
chilli flakes (optional) 🌶️	pinch	pinch
plant-based basil pesto	1 medium packet	2 medium packets
<b>white wine vinegar*</b>	drizzle	drizzle
cow's milk feta	½ packet	1 packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4633kJ (1107cal)	481kJ (115cal)
Protein (g)	41.7g	4.3g
Fat, total (g)	40.9g	4.2g
- saturated (g)	15g	1.6g
Carbohydrate (g)	139.2g	14.4g
- sugars (g)	14.7g	1.5g
Sodium (mg)	2087mg	216.5mg
Dietary Fibre (g)	7.6g	0.8g

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 | CW47



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## 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**.

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

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**, then cook until fragrant, **1 minute**. Season, then stir through **parsley**. Transfer to a bowl.
- When the risoni is cooked, gently stir through **roasted veggies**, **baby leaves**, **plant-based basil pesto**, a drizzle of **white wine vinegar** and half the **cow's feta cheese** (see ingredients). Season to taste.

### CUSTOM OPTIONS

#### + ADD DICED BACON

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

#### + ADD CHICKEN BREAST

Thinly slice into strips. Before cooking pangrattato, cook chicken breast, until browned, 4-6 minutes.

2



## Cook the risoni

- While the veggies are roasting, 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**, then 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:** 'Al dente' pasta is cooked through but still slightly firm in the centre.

4



## Serve up

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

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

