

Creamy Leek & Veggie Risoni

with Roasted Kumara & Parmesan

SEASONAL HERO

Grab your meal kit with this number

8



Capsicum



Courgette



Kumara



Classic Roast Seasoning



Flaked Almonds



Leek



Garlic



Garlic & Herb Seasoning



Risoni



Vegetable Stock Powder



Cream



Grated Parmesan Cheese



Diced Bacon



Chicken Breast

Prep in: 25-35 mins
Ready in: 35-45 mins

What's going into the risoni today? A little bit of leek, a heap of roasted kumara, a touch of capsicum and courgette, and finally a sprinkling of herby seasoning. It's a perfect concoction of flavour, texture and pure yumminess.

Pantry items

Olive Oil, 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 with lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
capsicum	1	2
courgette	1	2
kumara	1 (large)	2 (large)
classic roast seasoning	½ medium sachet	1 medium sachet
flaked almonds	1 packet	2 packets
leek	1	2
garlic	3 cloves	6 cloves
butter*	20g	40g
garlic & herb seasoning	1 medium sachet	1 large sachet
risoni	1 medium packet	2 medium packets
vegetable stock powder	1 medium sachet	1 large sachet
cream	½ packet	1 packet
water*	1½ cups	3 cups
grated Parmesan cheese	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4958kJ (1184Cal)	696kJ (166Cal)
Protein (g)	28.2g	4g
Fat, total (g)	65.9g	9.2g
- saturated (g)	38.2g	5.4g
Carbohydrate (g)	116.6g	16.4g
- sugars (g)	26.1g	3.7g
Sodium (mg)	1659mg	233mg
Dietary Fibre (g)	10.9g	1.5g

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.



Roast the kumara

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **capsicum**, **courgette** and **kumara** into bite-sized chunks.
- Place **kumara** on a lined oven tray, sprinkle over **classic roast seasoning** (see ingredients), drizzle with **olive oil** and season with **salt**. Toss to coat.
- Roast until tender, **20-25 minutes**.



Roast the veggies

- Meanwhile, place **capsicum** and **courgette** on a second lined oven tray.
- Drizzle with **olive oil** and season with **salt**. Toss to coat. Spread out evenly, then roast until tender, **15-20 minutes**.
- In the **last 5 minutes**, add **flaked almonds** to one side of the tray and toast.



Get prepped

- While veggies are roasting, thinly slice **leek**.
- Finely chop **garlic**.



Start the risoni

- In a large saucepan, heat the **butter** with a dash of **olive oil** over medium-high heat. Cook **leek**, stirring, until softened, **4-5 minutes**.
- Add **garlic & herb seasoning** and **garlic** and cook, until fragrant, **1 minute**.



Finish the risoni

- To the pan, add **risoni**, **vegetable stock powder**, **cream** (see ingredients) and the **water**.
- Bring to the boil, then reduce the heat to medium and simmer, stirring occasionally, until risoni is 'al dente' and water is absorbed, **12-15 minutes**.
- Gently stir **roasted capsicum** and **courgette** through risoni. Add **grated Parmesan cheese** and stir to combine. Season to taste.

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



Serve up

Divide creamy leek and veggie risoni between bowls. Top with roasted kumara.

Sprinkle over toasted almonds to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW52



CUSTOM OPTIONS



ADD DICED BACON

Before cooking sauce, 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 sauce, cook chicken breast, 4-6 minutes. Continue with recipe.

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

