



Homestyle Pumpkin & Leek Risotto

with Plant-Based Basil Pesto & Parmesan Cheese

CLIMATE SUPERSTAR

Grab your meal kit with this number

19



Risotto-Style Rice



Garlic & Herb Seasoning



Vegetable Stock Powder



Leek



Peeled Pumpkin Pieces



Plant-Based Basil Pesto



Baby Leaves



Grated Parmesan Cheese



Diced Bacon



Grated Parmesan Cheese

Prep in: 15-25 mins
Ready in: 40-50 mins

This roasted pumpkin and leek risotto comes together in the oven, leaving you to kick your feet up and enjoy quality time with the ones who matter. Basil pesto stirred through at the end adds a pop of bright flavour, elevating this dish to a whole new level of yum.

Pantry items

Olive Oil, Butter, 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

Large frying pan · Medium or large baking dish · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
risotto-style rice	1 packet	2 packets
garlic & herb seasoning	1 large sachet	2 large sachets
vegetable stock powder	1 medium sachet	1 large sachet
water*	2¼ cups	4½ cups
leek	1	2
peeled pumpkin pieces	1 medium packet	2 medium packets
butter*	20g	40g
plant-based basil pesto	1 medium packet	2 medium packets
baby leaves	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
grated Parmesan cheese	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3122kJ (746cal)	695kJ (155cal)
Protein (g)	18.1g	4g
Fat, total (g)	27.7g	6.2g
- saturated (g)	9.7g	2.2g
Carbohydrate (g)	98.7g	22g
- sugars (g)	15.7g	3.5g
Sodium (mg)	1632mg	363.5mg
Dietary Fibre (g)	2.3g	0.5g

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](https://www.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

2025 | CW03



Bake the risotto

- Preheat oven to **240°C/220°C fan-forced**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **risotto-style rice** and **garlic & herb seasoning**, stirring until fragrant, **1-2 minutes**.
- Add **vegetable stock powder** and the **water**. Bring to the boil, then remove pan from heat. Transfer **risotto** to a baking dish.
- Cover tightly with foil and bake until liquid is absorbed and rice is 'al dente' **28-32 minutes**.

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



Finish the risotto

- Remove **risotto** from oven, then stir through the **butter**, **roasted veggies**, **plant-based basil pesto**, **baby leaves** and a drizzle of **white wine vinegar**.
- Stir through a splash of **water** to loosen risotto if needed. Season to taste.



Roast the veggies

- Meanwhile, thickly slice **leek**.
- Place **leek** and **peeled pumpkin pieces** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then roast until tender and brown around edges, **12-15 minutes**.



Finish & serve

- Divide homestyle pumpkin and leek risotto between bowls.
- Sprinkle with **grated Parmesan cheese** to serve. Enjoy!

CUSTOM OPTIONS

+ ADD DICED BACON

When veggies have 5 minutes remaining, crumble bacon over oven tray and roast until golden.

+ DOUBLE GRATED PARMESAN CHEESE

Follow method above.

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

