



Chorizo, Corn & Courgette Risoni

with Parmesan

KID FRIENDLY

Grab your Meal Kit with this symbol



Onion



Courgette



Sweetcorn



Risoni



Lemon



Tomato Paste



Baby Spinach Leaves



Mild Chorizo



Grated Parmesan Cheese

Prep in: 10-20 mins
Ready in: 25-35 mins

There are plenty of choices for a good risoni out there, but we're positive we have the winning combination of ingredients that will top the lot. The mild spice of the chorizo is cooled by roasted courgette and corn, then zested with lemon juice and doused in a tomato sauce. That sounds (and tastes) like the best to us.

Pantry items

Olive Oil, Butter

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
onion	1 (medium)	1 (large)
courgette	1	2
sweetcorn	1 tin	1 tin
risoni	1 packet	1 packet
lemon	½	1
mild chorizo	1 packet	2 packets
tomato paste	½ packet	1 packet
butter*	20g	40g
baby spinach leaves	1 medium bag	1 large bag
grated Parmesan cheese	1 packet (30g)	1 packet (60g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2978kJ (711Cal)	626kJ (149Cal)
Protein (g)	34.3g	7.2g
Fat, total (g)	39.9g	8.4g
- saturated (g)	18.1g	3.8g
Carbohydrate (g)	50.3g	10.6g
- sugars (g)	8.9g	1.9g
Sodium (mg)	1380mg	290mg

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.

1



Roast the veggies

- Preheat oven to **240°C/220°C fan forced**.
- Cut **onion** into wedges. Cut **courgette** into bite-sized chunks. Drain the **sweetcorn**.
- Place **onion**, **courgette** and **sweetcorn** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until tender, **15-20 minutes**.

3



Cook the chorizo & bring it all together

- Zest **lemon** to get a pinch, then slice into wedges. Roughly chop **mild chorizo**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chorizo** until browned, **4-5 minutes**.
- Add **tomato paste** (see ingredients) and the **butter** and cook until fragrant, **1-2 minutes**.
- Remove pan from heat, then add **risoni**, **roasted veggies**, reserved **cooking water**, **baby spinach leaves**, **lemon zest** and a generous squeeze of **lemon juice**. Stir to combine. Season to taste.

Little cooks: Under adult supervision, older kids can help grate the zest.

2



Cook the risoni

- Meanwhile, boil the kettle. Half-fill a medium saucepan with boiling water, then add a generous pinch of **salt**.
- Cook **risoni**, uncovered, over high heat, 'al dente', **7-8 minutes**.
- Reserve some **cooking water** (1/4 cup for 2 people / 1/2 cup for 4 people). Drain, then return **risoni** to the saucepan.

4



Serve up

- Divide chorizo, corn and courgette risoni between bowls.
- Sprinkle over **grated Parmesan cheese**. Serve with any remaining lemon wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns
2022 | CW49



Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate