

# Basil Pesto & Roasted Pumpkin Risoni

with Lemon-Chilli Pangrattato & Crumbly Cheese

Grab your Meal Kit with this symbol



Courgette



Peeled & Chopped Pumpkin



Garlic



Baby Spinach Leaves



Lemon



Vegetable Stock Powder



Garlic & Herb Seasoning



Risoni



Parsley



Panko Breadcrumbs



Chilli Flakes (Optional)




Basil Pesto



Greek Salad Cheese/ Feta Cheese

Hands-on: **15-25 mins**  
Ready in: **30-40 mins**

 Spicy (optional chilli flakes)

 Calorie Smart

Risoni – the clever pasta that looks like rice – is the ideal ingredient in this warm bowl. With butternut pumpkin and courgette, this dinner filled with goodness gets the welcome addition of crumbly cheese and basil pesto to really raise the flavour stakes.

### Pantry items

Olive Oil

## 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
courgette	1	2
peeled & chopped pumpkin	1 packet (200g)	1 packet (400g)
garlic	3 cloves	6 cloves
baby spinach leaves	1 bag (30g)	1 bag (60g)
lemon	½	1
water*	2 cups	4 cups
vegetable stock powder	1 medium sachet	1 large sachet
garlic & herb seasoning	1 sachet	1 sachet
risoni	¾ packet	3 packets
parsley	1 bag	1 bag
panko breadcrumbs	½ packet	1 packet
chilli flakes (optional)	pinch	pinch
basil pesto	1 packet (50g)	1 packet (100g)
Greek salad cheese/ feta cheese	½ packet (50g)	1 packet (100g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2704kJ (646Cal)	635kJ (151Cal)
Protein (g)	21g	4.9g
Fat, total (g)	27.6g	6.5g
- saturated (g)	6.5g	1.5g
Carbohydrate (g)	74g	17.4g
- sugars (g)	9.5g	2.2g
Sodium (mg)	1312mg	308mg

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.



## Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Thinly slice the **courgette** into half-moons. Place the **peeled & chopped pumpkin** and **courgette** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Spread out evenly and roast until tender, **20-25 minutes**.



## Make the pangrattato

While the risoni is cooking, roughly chop the **parsley** leaves. In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **panko breadcrumbs** (see ingredients), stirring, until golden brown, **3 minutes**. Add the **lemon zest**, a pinch of **chilli flakes** (if using) and the remaining **garlic** and cook until fragrant, **1 minute**. Season, then stir through the **parsley**. Transfer to a bowl.

**TIP:** Add more or less lemon zest depending on your taste.



## Get prepped

While the veggies are roasting, finely chop the **garlic**. Roughly chop the **baby spinach leaves**. Zest the **lemon** to get a pinch, then slice into wedges.



## Finish the risoni

Gently stir the roasted **veggies**, **baby spinach**, **basil pesto**, a good squeeze of **lemon juice** and 1/2 the crumbled **cheese** (see ingredients) through the **risoni**. Season.



## Cook the risoni

In a medium saucepan, heat a drizzle of **olive oil** over a medium-high heat. Cook 1/2 the **garlic** until fragrant, **1 minute**. Add the **water**, **vegetable stock powder**, **garlic & herb seasoning** and **risoni** (see ingredients) and bring to the boil. Reduce the heat to medium and simmer, stirring occasionally, until the risoni is 'al dente' and the water is absorbed, **13-15 minutes**.

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

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



## Serve up

Divide the pesto and roasted pumpkin risoni between bowls. Top with the lemon and chilli pangrattato. Crumble over the remaining cheese and serve with any remaining lemon wedges.

## Enjoy!