



# Plant-Based Pesto & Roast Veggie Risoni

with Plant-Based Parmesan & Toasted Almonds

Grab your Meal Kit with this symbol



Red Onion



Tomato



Carrot



Peeled & Chopped Pumpkin



Garlic & Herb Seasoning



Baby Spinach Leaves



Garlic



Risoni



Slivered Almonds



Plant-Based Basil Pesto



Plant-Based Grated Parmesan



Parsley

**Keep an eye out...**  
Due to recent sourcing challenges, we've replaced flaked almonds with slivered almonds, which may be a little different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: 20-30 mins  
 Ready in: 35-45 mins

Plant Based

Risoni – the clever pasta that looks like rice – is the ideal ingredient in this warm bowl. With baby spinach and pumpkin, this dinner filled with goodness gets the welcome addition of plant-based parmesan and basil pesto to really raise the flavour stakes.

### Pantry items

Olive Oil, Plant-Based Butter, White Wine Vinegar



## 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 · Large saucepan · Medium frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
red onion	1 (medium)	1 (large)
tomato	2	4
carrot	1	2
peeled & chopped pumpkin	1 packet (400g)	1 packet (800g)
garlic & herb seasoning	1 sachet	1 sachet
baby spinach leaves	1 bag (30g)	1 bag (60g)
garlic	2 cloves	4 cloves
plant-based butter*	20g	40g
water*	1¾ cups	3½ cups
risoni	¾ packet	1½ packets
slivered almonds	1 packet	2 packets
plant-based basil pesto	1 packet (50g)	1 packet (100g)
white wine vinegar*	drizzle	drizzle
plant-based grated parmesan	1 medium packet	2 medium packets
parsley	1 bag	1 bag

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3246kJ (775Cal)	560kJ (133Cal)
Protein (g)	22.6g	3.9g
Fat, total (g)	38.8g	6.7g
- saturated (g)	9.1g	1.6g
Carbohydrate (g)	78.9g	13.6g
- sugars (g)	18.3g	3.2g
Sodium (mg)	1122mg	193mg

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 **240°C/220°C fan-forced**. Slice the **red onion** and **tomato** into wedges. Cut the **carrot** into bite-sized chunks. Place the **peeled & chopped pumpkin, onion, tomato** and **carrot** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **garlic & herb seasoning** and season with **salt** and **pepper**. Toss to coat, spread out evenly, then roast until tender, **20-25 minutes**.

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



## Toast the almonds

While the risoni is cooking, heat a medium frying pan over a medium-high heat. Toast the **slivered almonds**, tossing, until golden, **3-4 minutes**. Transfer to a bowl.



## Get prepped

While the veggies are roasting, roughly chop the **baby spinach leaves**. Finely chop the **garlic**.



## Bring it all together

Gently stir the **roasted veggies, baby spinach, plant-based basil pesto**, a drizzle of **white wine vinegar** and 1/2 the **plant-based grated parmesan** through the cooked **risoni**. Season to taste.



## Cook the risoni

In a large saucepan, melt the **plant-based butter** with a dash of **olive oil** over a medium-high heat. Cook the **garlic** until fragrant, **1 minute**. Add the **water** and **risoni** (see ingredients), then season with **salt**. Bring to the boil, then reduce the heat to medium and simmer, uncovered, 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!



## Serve up

Roughly chop the **parsley** leaves. Divide the plant-based pesto and roast veggie risoni between bowls. Garnish with the parsley, toasted almonds and remaining parmesan to serve.

Enjoy!