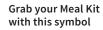


Warm Pesto & Roast Veggie Risoni Salad with Plant-Based Parmesan & Toasted Almonds





Pantry items

Olive Oil, Plant-Based Butter, White Wine Vinegar

Hands-on: 20-30 mins

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.

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 \cdot Large saucepan \cdot Large frying pan

Ingredients

	2 People	4 People	
olive oil*	refer to method	refer to method	
red onion	1 (medium)	1 (large)	
tomato	2	4	
white turnip	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*	1 ¾ cups	3 ½ cups	
risoni	¾ packet	1 ½ 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	
mild chorizo**	1 packet	2 packets	
*Pantry Items **Custom Recipe Ingredient			

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3246kJ (776Cal)	560kJ (134Cal)
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

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4526kJ (1082Cal)	666kJ (159Cal)
Protein (g)	40.7g	6g
Fat, total (g)	64.1g	9.4g
- saturated (g)	18.8g	2.8g
Carbohydrate (g)	80.9g	11.9g
- sugars (g)	18.3g	2.7g
Sodium (mg)	2012mg	296mg

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. If you have any questions or concerns, please visit hellofresh.co.nz/contact 2022 | CW04



Roast the veggies

Preheat the oven to 240°C/220°C fan-forced. Slice the red onion and tomato into wedges. Cut the white turnip into bite-sized chunks. Place the peeled & chopped pumpkin, onion, tomato and turnip 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.



Get prepped

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

CUSTOM RECIPE

If you've added mild chorizo to your meal, roughly chop the chorizo.



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. 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!



Toast the almonds

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

CUSTOM RECIPE

After toasting the almonds, return the frying pan to a medium-high heat with a drizzle of olive oil. Cook the chorizo, tossing, until browned, 4-5 minutes.



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.

CUSTOM RECIPE

Stir the cooked chorizo through the risoni along with the ingredients as above.



Serve up

Roughly chop the **parsley** leaves. Divide the warm pesto and roast veggie risoni salad between bowls. Garnish with the parsley, toasted almonds and remaining Parmesan to serve.

Enjoy!