# Pesto Risoni & Roasted Pumpkin

with Lemon-Chilli Pangrattato & Feta

Grab your Meal Kit with this symbol







Peeled & Chopped Pumpkin





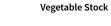






Lemon













**Panko Breadcrumbs** Chilli Flakes (Optional)



**Basil Pesto** 



Feta

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

Spicy (optional chilli flakes)

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

Unfortunately, this week's green beans were in short supply, so we've replaced them with leek. Don't worry, the recipe will be just as delicious!

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 · Medium frying pan

#### Ingredients

ingredients			
	2 People	4 People	
olive oil*	refer to method	refer to method	
peeled & chopped pumpkin	1 packet (200g)	1 packet (400g)	
garlic	3 cloves	6 cloves	
leek	1	2	
baby spinach leaves	<b>1 bag</b> (60g)	1 bag (120g)	
lemon	1/2	1	
water*	2 cups	4 cups	
vegetable stock	1 sachet	1 sachet	
risoni	1½ packets	3 packets	
parsley	1 bunch	1 bunch	
panko breadcrumbs	½ packet	1 packet	
chilli flakes (optional)	pinch	pinch	
basil pesto	1 packet (50g)	1 packet (100g)	
feta	<b>1 packet</b> (100g)	2 packets (200g)	

<sup>\*</sup>Pantry Items

#### **Nutrition**

	Per Serving	Per 100g
Energy (kJ)	2720kJ (650Cal)	<b>789kJ</b> (189Cal)
Protein (g)	24.3g	7.1g
Fat, total (g)	28.3g	8.2g
- saturated (g)	10.0g	2.9g
Carbohydrate (g)	70.4g	20.4g
- sugars (g)	7.8g	2.3g
Sodium (g)	1100mg	319mg

#### **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 pumpkin

Preheat the oven to 220°C/200°C fan-forced. Place the peeled & chopped pumpkin on an oven tray lined with baking paper. Drizzle with olive oil and season with a good pinch of salt and pepper. Spread in a single layer and roast until tender, 20-25 minutes.



## 2. Get prepped

While the pumpkin is roasting, finely chop the garlic (or use a garlic press). Thinly slice the leek. Roughly chop the baby spinach leaves. Zest the lemon (see ingredients list) to get a good pinch, then slice into wedges.



#### 3. Cook the risoni

In a medium saucepan, heat a **drizzle** of **olive oil** over a medium-high heat. Add the **leek** and **1/2** the **garlic** and cook until softened and fragrant, **3 minutes**. Add the **water**, **vegetable stock** and **risoni** (**see ingredients list**) 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!



# 4. Make the pangratatto

While the risoni is cooking, roughly chop the parsley leaves. In a medium frying pan, heat a good drizzle of olive oil over a medium-high heat. Add the panko breadcrumbs (see ingredients list) and cook, 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 with a pinch of salt and pepper and stir through the parsley. Transfer to a medium bowl.

**TIP:** Add more or less lemon zest according to your taste.



## 5. Finish the risoni

Add the roasted pumpkin, baby spinach, basil pesto, a good squeeze of lemon juice and 1/2 the feta to the saucepan with the cooked risoni and leek. Stir to combine and season with salt and pepper.



# 6. Serve up

Divide the pesto risoni with roasted pumpkin between plates, top with the lemon-chilli pangratatto and crumble over the remaining feta. Serve with any remaining lemon wedges.

**Enjoy!**