



Pesto Risoni & Roasted Pumpkin

with Lemon-Chilli Pangrattato & Feta

Grab your Meal Kit with this symbol



Peeled & Chopped Pumpkin



Garlic



Leek



Baby Spinach Leaves



Lemon



Vegetable Stock



Risoni



Parsley



Panko Bread crumbs



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

	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	1 bag (60g)	1 bag (120g)
lemon	½	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	1 packet (100g)	2 packets (200g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2720kJ (650Cal)	789kJ (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](https://www.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**.



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.



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.



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**.



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!



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!