



# Warm Pesto & Roast Veggie Risoni

with Parmesan & Toasted Almonds

Grab your Meal Kit with this symbol



Red Onion



Tomato



Parsnip



Peeled & Chopped Pumpkin



Garlic & Herb Seasoning



Baby Spinach Leaves



Lemon



Garlic



Risoni



Slivered Almonds



Basil Pesto



Grated Parmesan Cheese



Parsley

Hands-on: 20-25 mins  
Ready in: 35-45 mins

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

### Pantry items

Olive Oil, Butter

## 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
parsnip	1	2
peeled & chopped pumpkin	1 bag (400g)	1 bag (800g)
garlic & herb seasoning	1 sachet	1 sachet
baby spinach leaves	1 bag (30g)	1 bag (60g)
lemon	½	1
garlic	2 cloves	4 cloves
butter*	20g	40g
water*	1¾ cups	3½ cups
risoni	¾ packet	3 packets
slivered almonds	1 packet	2 packets
basil pesto	1 packet (50g)	1 packet (100g)
grated Parmesan cheese	1 packet (30g)	1 packet (60g)
parsley	1 bunch	1 bunch

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3498kJ (836Cal)	588kJ (140Cal)
Protein (g)	26.9g	4.5g
Fat, total (g)	42.9g	7.2g
- saturated (g)	11.8g	2g
Carbohydrate (g)	81.8g	13.8g
- sugars (g)	21.9g	3.7g
Sodium (mg)	767mg	129mg

## 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 2cm wedges. Cut the **parsnip** (unpeeled) into 2cm chunks. Place the **peeled & chopped pumpkin, onion, tomato** and **parsnip** on an oven tray lined with baking paper. Sprinkle with the **garlic & herb seasoning**, drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, then roast until tender, **20-25 minutes**.

**TIP:** Cut the veggies to size so they cook in time.

**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. Add the **slivered almonds** and toast, tossing, until golden, **3-4 minutes**. Transfer to a small bowl.



## Get prepped

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



## Bring it all together

Gently stir the **veggies, baby spinach, basil pesto, lemon zest**, a generous squeeze of **lemon juice** and 1/2 the **grated Parmesan cheese** through the cooked **risoni**. Season to taste.



## Cook the risoni

In a large saucepan, melt the **butter** with a dash of **olive oil** over a medium-high heat. Add the **garlic** and cook 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, 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

Roughly chop the **parsley** leaves. Divide the warm pesto and roast veggie risoni between bowls. Garnish with the parsley, toasted almonds and remaining Parmesan. Serve with any remaining lemon wedges.

Enjoy!