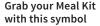
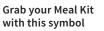


Honey Roasted Pumpkin & Creamy Leek Risoni with Silverbeet & Fetta

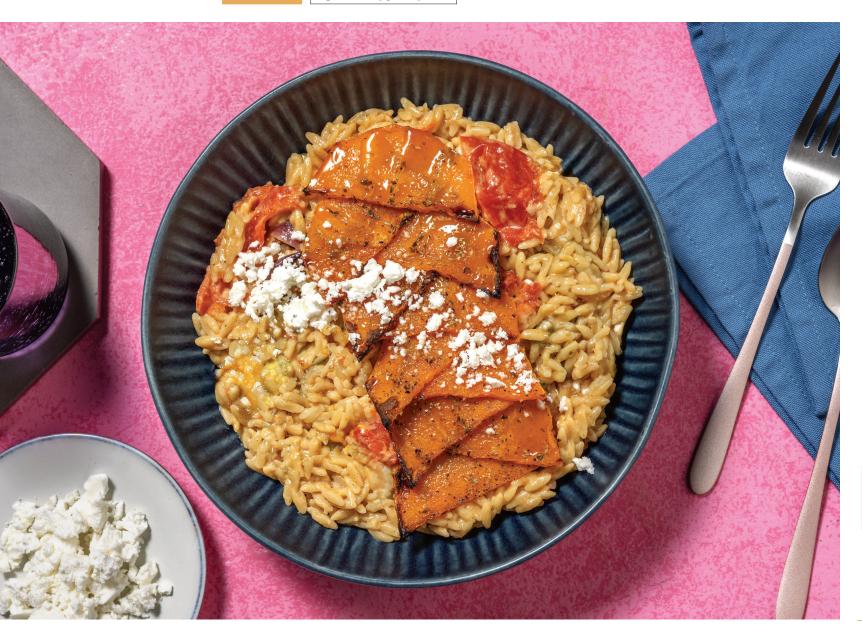
EXPLORER

CLIMATE SUPERSTAR

















Dried Oregano

Silverbeet

Tomato









Nan's Special Seasoning



Risoni



Vegetable Stock



Light Cooking



Fetta Cubes





Prep in: 25-35 mins Ready in: 35-45 mins A warm bowl of creamy risoni is just what the doctor ordered! Pack on honey and oregano-doused pumpkin and some extra colourful veggies to have a homey and hearty meal all in the one bowl. With a sprinkling of fetta cubes, flavour is truly in high demand here!

Pantry items Olive Oil, Honey

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Two oven trays lined with baking paper · Large saucepan Ingredients

ingle calcine				
	2 People	4 People		
olive oil*	refer to method	refer to method		
pumpkin	1 medium	1 large		
red onion	1	2		
tomato	1	2		
dried oregano	½ medium sachet	1 medium sachet		
leek	1	2		
silverbeet	1 medium packet	1 large packet		
garlic	3 cloves	6 cloves		
Nan's special seasoning	1 medium sachet	1 large sachet		
risoni	1 medium packet	2 medium packets		
vegetable stock pot	1 medium packet	2 medium packets		
light cooking cream	1 medium packet	1 large packet		
water*	1½ cups	3 cups		
honey*	1 tbs	2 tbs		
fetta cubes	1 medium packet	1 large packet		
diced bacon**	1 medium packet	1 large packet		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2818kJ (674Cal)	400kJ (96Cal)
Protein (g)	23.1g	3.3g
Fat, total (g)	20g	2.8g
- saturated (g)	10.7g	1.5g
Carbohydrate (g)	98.2g	13.9g
- sugars (g)	35.7g	5.1g
Sodium (mg)	1317mg	187mg
Custom Pacina		

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3206kJ (766Cal)	428kJ (102Cal)
Protein (g)	30g	4g
Fat, total (g)	26.8g	3.6g
- saturated (g)	13.2g	1.8g
Carbohydrate (g)	99g	13.2g
- sugars (g)	36.2g	4.8g
Sodium (mg)	1747mg	233mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.





Roast the pumpkin

- Preheat oven to 240°C/220°C fan-forced.
- · Slice pumpkin into thin wedges.
- Cut red onion and tomato into wedges.
- Place pumpkin on a lined oven tray, sprinkle over dried oregano (see ingredients), drizzle with olive oil and season with salt. Toss to coat. Roast until tender, 20-25 minutes.

TIP: Peel the pumpkin if you prefer!



Roast the veggies

- Place red onion and tomato on a second lined oven tray. Drizzle with olive oil and season with salt. Toss to coat.
- Roast until tender, 15-20 minutes.



Get prepped

- While veggies are roasting, thinly slice leek.
- Roughly chop silverbeet.
- Finely chop garlic.



Start the risoni

- In a large saucepan, heat a drizzle of **olive oil** over a medium-high heat.
- Cook leek, stirring, until softened, 4-5 minutes.
- Add silverbeet, Nan's special seasoning and garlic and cook until fragrant, 1 minute.

Custom Recipe: If you've added diced bacon, before adding the garlic, cook diced bacon, breaking bacon up with a spoon, until golden, 5-6 minutes. Continue with step as above (leave the bacon in the pan!).



Finish the risoni

 To pan, stir in risoni, vegetable stock pot, light cooking cream and the water. 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,
12-15 minutes.

TIP: Add a splash more water if the risoni looks dry!



Serve up

- Gently stir roast veggies through risoni.
- · Divide risoni between bowls.
- Top with roast pumpkin. Drizzle the **honey** over roast pumpkin.
- Crumble over **fetta cubes** to serve. Enjoy!

Custom Recipe: Divide bacon risoni between bowls to serve.

Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate

Scan here if you have any questions or concerns