



# CHEESY BAKED TOMATO RISONI

with Basil & Zucchini



Bake risoni in the oven for a hands-off winter warmer!



Brown Onion



Celery



Zucchini



Tomato



Garlic



Oregano



Risoni



Diced Tomatoes



Shredded Cheddar Cheese



Rustic Herb Spice Blend



Basil

Hands-on: **25 mins**  
Ready in: **35 mins**

Low calorie

“What’s risoni?” you ask. Well, it has the quick cook time of pasta, with the cute shape of rice, so it’s the best of both worlds. Here we’ve loaded it with veggies, tossed it in a tomato sauce and covered the whole thing in cheese for a speedy pasta bake for winter nights.

*Pantry Staples: Olive Oil, Brown Sugar*



## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife**, **chopping board**, **medium saucepan**, **wooden spoon** and a **medium baking dish**.



### 1 GET PREPPED

Preheat the oven to **240°C/220°C fan-forced**. Finely chop the **brown onion**. Finely chop the **garlic** (or use a garlic press). Thinly slice the **celery**. Finely chop the **zucchini**. Thinly slice the **tomato**. Pick the **oregano** leaves.



### 2 COOK THE ONIONS AND GARLIC

Heat a **drizzle** of **olive oil** in a medium saucepan over a medium heat. Add the **onion** and cook for **3-4 minutes**, or until softened. Add the **garlic** and cook for **1 minute**, or until fragrant.



### 3 ADD THE VEGGIES

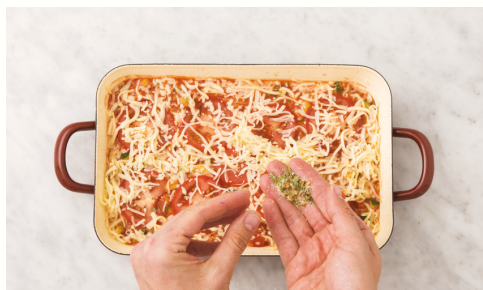
Add the **oregano** leaves, **celery** and **zucchini** and cook, stirring occasionally, for **5-6 minutes** or until softened.



### 4 ADD THE RISONI & TOMATOES

Add the **risoni**, **diced tomatoes**, **water** (see ingredients list), **brown sugar**, **salt** (see ingredients list) and season with a **pinch** of **pepper**. Stir to combine, reduce the heat to low and simmer for **2-3 minutes**.

**TIP:** Add a dash of water if the mixture is looking a little dry.



### 5 BAKE THE RISONI

Transfer the risoni to a medium baking dish and top with the **tomato** slices in a single layer. Sprinkle with the **shredded Cheddar cheese**. Sprinkle over the **rustic herb spice blend**. Bake for **10-12 minutes** or until the risoni is tender and cheese is melted and golden. While the risoni is baking, pick the **basil** leaves.



### 6 SERVE UP

Divide the baked tomato risoni between plates and garnish with the basil leaves.

## ENJOY!

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
brown onion	1	2
garlic	2 cloves	4 cloves
celery	1 stalk	2 stalks
zucchini	1	2
tomato	1	2
oregano	1 bunch	1 bunch
risoni	1 packet	2 packets
diced tomatoes	1 tin	2 tins
water*	¼ cup	½ cup
brown sugar*	½ tsp	1 tsp
salt*	½ tsp	1 tsp
shredded Cheddar cheese	1 packet (100 g)	2 packets (200 g)
rustic herb spice blend	1 sachet	2 sachets
basil	1 bunch	1 bunch

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2140kJ (511Cal)	372kJ (89Cal)
Protein (g)	24.5g	4.3g
Fat, total (g)	18.9g	3.3g
- saturated (g)	11.5g	2.0g
Carbohydrate (g)	56.1g	9.8g
- sugars (g)	17.5g	3.1g
Sodium (g)	873mg	152mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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