



Double Cheese Zucchini & Eggplant Risoni

with Slivered Almonds



Make an extra cheesy risoni



Brown Onion



Eggplant



Garlic



Smoked Paprika



Cheddar Cheese



Parmesan Cheese



Risoni



Diced Tomatoes



Zucchini



Slivered Almonds

Pantry Staples



Olive Oil



Water



Brown Sugar



Hands-on: 15 mins
Ready in: 45 mins

Risoni is such a great, versatile little pasta. It's of course delicious (like all pasta!), but behaves almost like rice, meaning this baked risoni is like a pasta bake, ratatouille and risotto all in one. You'll love the richness of this sauce with eggplant and zucchini.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **medium baking dish, chef's knife, chopping board, garlic crusher, large heavy based pot or saucepan, wooden spoon** and a **box grater**.



1 GET PREPPED

Preheat the oven to **200°C/180°C fan-forced**. Place a medium baking dish in the oven to heat up. Finely dice the **brown onion**. Cut the **eggplant** into 1 cm cubes. Peel and crush the **garlic**.



2 COOK THE VEGGIES

Heat a **drizzle of olive oil** in a large heavy based pot or saucepan over a medium heat. Add the **smoked paprika**, the **brown onion**, the **eggplant** and the **garlic** and cook for **10 minutes**, or until the eggplant softens.



3 ADD THE RISONI

Add the **risoni** to the pot with the vegetables and stir to coat in the oil. Stir through the **diced tomatoes**, the **water** (**check the ingredients list for the amount**) and the **brown sugar** and season with a **pinch of salt and pepper**. Bring the mixture to the boil and cook for **5 minutes**, or until the risoni is tender.



4 CONTINUE PREPPING

While the risoni is cooking, cut the **zucchini** into half-moons. Finely grate the **Cheddar cheese** and the **Parmesan cheese**.



5 BAKE THE RISONI

Add the **zucchini**, the **slivered almonds**, the **Cheddar cheese** and **1/2 of the Parmesan cheese** to the pot with the risoni. Stir to combine and transfer the risoni mixture into the warmed baking dish. Sprinkle over the **remaining Parmesan** and place in the oven to bake for **20 minutes**, or until the cheese is melted and golden.



6 SERVE UP

Divide the double cheese zucchini and eggplant risoni between bowls.

Enjoy!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
brown onion	1	2
eggplant	1	2
garlic	2 cloves	4 cloves
smoked paprika	1 sachet (2 tsp)	2 sachets (4 tsp)
risoni	1 packet (½ cup)	2 packets (1 cup)
diced tomatoes	1 tin (400 g)	2 tins (800 g)
water*	1 cup	2 cups
brown sugar*	½ tsp	1 tsp
zucchini	1	2
Cheddar cheese	1 block (50 g)	2 blocks (100 g)
Parmesan cheese	1 block (50 g)	2 blocks (100 g)
slivered almonds	1 packet	2 packets

*Pantry Items | This ingredient can be found in your herb bag

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2640kJ (630Cal)	335kJ (80Cal)
Protein (g)	29.5g	3.8g
Fat, total (g)	29.3g	3.7g
- saturated (g)	11.4g	1.5g
Carbohydrate (g)	56.2g	7.2g
- sugars (g)	18.4g	2.3g
Sodium (g)	567mg	72mg

→ JOIN OUR PHOTO CONTEST!

#HelloFreshAU

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

Hello@HelloFresh.com.au

2017 | WK36 | V3

HelloFRESH