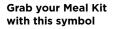


Pesto, Roast Pumpkin & Fetta Risoni

with Lemon & Chilli Pangrattato









Peeled & Chopped Pumpkin





Baby Spinach Leaves



Lemon

Vegetable Stock







Panko Breadcrumbs

Chilli Flakes (Optional)



Basil Pesto

Fetta



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

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	2 People	4 People	
olive oil*	refer to method	refer to method	
zucchini	1	2	
peeled & chopped pumpkin	1 packet	1 packet	
garlic	3 cloves	6 cloves	
baby spinach leaves	1 bag (30g)	1 bag (60g)	
lemon	1/2	1	
water*	2 cups	4 cups	
vegetable stock	1 cube	2 cubes	
risoni	1½ packets	3 packets	
parsley	1 bag	1 bag	
panko breadcrumbs	½ packet	1 packet	
chilli flakes (optional)	pinch	pinch	
basil pesto	1 tub (50g)	1 tub (100g)	
fetta	1 block (100g)	2 blocks (200g)	

^{*}Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2770kJ (662Cal)	673kJ (161Cal)
Protein (g)	24.8g	6.0g
Fat, total (g)	28.6g	6.9g
- saturated (g)	10.1g	2.4g
Carbohydrate (g)	72.1g	17.5g
- sugars (g)	9.1g	2.2g
Sodium (g)	1100mg	267mg

Allergens

Please visit HelloFresh.com.au/foodinfo for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



1. Roast the veggies

Preheat the oven to 220°C/200°C fan-forced. Cut the zucchini into 2cm half-moons. Place the zucchini and 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.



2. Get prepped

While the veggies are roasting, finely chop the garlic (or use a garlic press). Roughly chop the baby spinach leaves. Zest the lemon (see ingredients list) to get a good pinch, then slice into wedges.



3. Cook the risoni

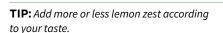
In a medium saucepan, heat a drizzle of olive oil over a medium-high heat. Add 1/2 the garlic and cook until fragrant, 1 minute. Add the water, crumbled vegetable stock (1 cube for 2 people / 2 cubes for 4 people) and risoni (see ingredients list). Bring to the boil, then reduce the heat to medium and simmer, stirring occasionally, until the risoni is all dente and the water is absorbed, 13-15 minutes.

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



4. Make the pangrattato

While the risoni is cooking, roughly chop the parsley. 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.





5. Finish the risoni

Gently stir the roasted **vegetables**, **baby spinach**, **basil pesto**, a **good squeeze** of **lemon juice** and **1/2** the **fetta** through the **risoni** and season with **salt** and **pepper**.



6. Serve up

Divide the pesto, roast pumpkin and fetta risoni between bowls. Sprinkle with the lemon and chilli pangrattato and crumble over the remaining fetta. Serve with any remaining lemon wedges.

Enjoy!