



Pesto, Roast Pumpkin & Fetta Risoni

with Lemon & Chilli Pangrattato

Grab your Meal Kit with this symbol 



Zucchini



Peeled & Chopped Pumpkin



Garlic



Baby Spinach Leaves



Lemon



Vegetable Stock



Risoni



Parsley



Panko Breadcrumbs






Chilli Flakes (Optional)



Basil Pesto



Fetta

-  Hands-on: **15-25** mins
-  Ready in: **30-40** mins
-  Spicy (optional chilli flakes)

Cosy up to this nourishing pasta dish with flavour-packed basil pesto, feta and roasted pumpkin. Topped with pangrattato for added crunch, it's super special and sure to satisfy.

Pantry items

Olive Oil

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

	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	½	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](https://www.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**.



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.

TIP: Add more or less lemon zest according to your taste.



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.



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**.



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 al dente and the water is absorbed, **13-15 minutes**.

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



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!