

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

 Calorie Smart

 Spicy (optional chilli flakes)

Cosy up to this nourishing pasta dish with flavour-packed basil pesto, fetta 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 with lined with baking paper ·
Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
zucchini	1	2
peeled & chopped pumpkin	1 packet (200g)	1 packet (400g)
garlic	3 cloves	6 cloves
baby spinach	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 packet (50g)	1 packet (100g)
fetta	1 block (100g)	2 blocks (200g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2360kJ (564Cal)	527kJ (125Cal)
Protein (g)	23.5g	5.2g
Fat, total (g)	19.3g	4.3g
- saturated (g)	8.6g	1.9g
Carbohydrate (g)	68.8g	15.4g
- sugars (g)	7.6g	1.7g
Sodium (mg)	1022mg	228mg

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 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 **salt** and **pepper**. Spread in a single layer and roast until tender, **20-25 minutes**.



Make the pangrattato

While the risoni is cooking, roughly chop the **parsley leaves**. In a medium frying pan, heat a good drizzle of **olive oil** over a medium-high heat. Add the **panko breadcrumbs** (see ingredients) 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 **salt** and **pepper** and stir through the **parsley**. Remove from the heat.

TIP: Add more or less lemon zest to taste.



Get prepped

While the veggies are roasting, finely chop the **garlic**. Roughly chop the **baby spinach leaves**. Zest the **lemon** to get a good pinch, then slice into wedges.



Finish the risoni

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

TIP: Add the veggies to the risoni pan and save on washing up!



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). 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!



Serve up

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

Enjoy!