



SUMMER PESTO RISONI SALAD

with Charred Corn & Goat Cheese



Char corn for extra flavour



Corn



Sugar Snap Peas



Lemon



Risoni



Flaked Almonds



Baby Spinach Leaves



Goat Cheese



Traditional Pesto (Vegetarian)



Hands-on: 20 mins

Ready in: 20 mins

Risoni – the clever pasta that looks like rice – is the ideal ingredient in this dinnertime salad. With baby spinach and sugar snap peas, this fresh bowl of goodness gets the welcome addition of goat cheese and pesto to really raise the flavour stakes.

Pantry Staples: Olive Oil

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
 • **medium saucepan** • **medium frying pan**



1 GET PREPPED

Bring a medium saucepan of salted water to the boil. Zest the **lemon** until you have a **pinch**, then slice into wedges. Trim the **sugar snap peas** and slice in half lengthways. Slice the **corn** kernels off the corn cob.

TIP: Do this in a large bowl to stop the kernels from flying everywhere.



2 COOK THE RISONI

Add the **risoni** (see ingredients list) to the pan of boiling water and cook for **7-8 minutes**, or until 'al dente'. In the last **1 minute** of cook time, add the **sugar snap peas** and cook until just tender. Drain the risoni and sugar snap peas together and rinse under cold water to stop the cooking process.



3 TOAST THE ALMONDS

While the risoni is cooking, heat a medium frying pan over a medium-high heat. Add the **flaked almonds** and toast, tossing, for **2-3 minutes** or until golden. Transfer to a small bowl.



4 CHAR THE CORN

Return the frying pan to a high heat with a small **drizzle** of **olive oil**. Add the **corn** and cook, tossing occasionally, for **4-5 minutes** or until golden and lightly charred. **TIP:** Cover with a lid to stop the kernels popping out.



5 BRING IT ALL TOGETHER

In a large bowl, combine **olive oil** (**1 tbs for 2 people / 2 tbs for 4 people**) with the **lemon zest**, a squeeze of **lemon juice** and a **pinch** of **salt** and **pepper**. Add the **risoni**, **sugar snap peas**, **baby spinach leaves**, charred **corn** and **1/2 the goat cheese**. Toss to coat.



6 SERVE UP

Divide the summer risoni salad between bowls and top with the flaked almonds, remaining goat cheese and a few dollops of **traditional pesto**. Serve with the remaining lemon wedges. **TIP:** Toss the salad with some of the pesto if you prefer.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
lemon	1	2
sugar snap peas	1 bag (100 g)	1 bag (200 g)
corn	1	2
risoni	1½ packets	3 packets
flaked almonds	1 packet	2 packets
baby spinach leaves	1 bag (30 g)	1 bag (60 g)
goat cheese	1 block (80 g)	2 blocks (160g)
traditional pesto (vegetarian)	1 tub (50 g)	1 tub (100 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2620kJ (625Cal)	948kJ (226Cal)
Protein (g)	22.1g	8.0g
Fat, total (g)	29.7g	10.8g
- saturated (g)	6.6g	2.4g
Carbohydrate (g)	62.9g	22.8g
- sugars (g)	5.0g	1.8g
Sodium (g)	260mg	94mg

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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