

SUMMER PESTO RISONI SALAD

with Charred Corn & Goat Cheese





Char corn for extra flavour







Sugar Snap







Flaked Almonds



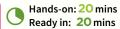
Baby Spinach





Traditional Pesto (Vegetarian)

Pantry Staples: Olive Oil



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.

Our fruit and veggies need a little wash first! Along with basic cooking tools, you will use:

· medium saucepan · medium frying pan



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.



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.



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.



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.



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.



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!

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 |
| at, 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

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