



Parmesan Risoni

with Roast Pumpkin

A comforting risoni tossed with roast pumpkin and tomatoes, earthy forest mushrooms and kale, finished with shaved parmesan for a rich and savoury finish.



35 minutes



Vegetarian



2 servings

FROM YOUR BOX

BUTTERNUT PUMPKIN	1
CHERRY TOMATOES	200g
BROWN ONION	1
RISONI	125g
DRIED FOREST MUSHROOMS	10g
KALE	1 bunch
SHAVED PARMESAN	1 packet

FROM YOUR PANTRY

oil for cooking, salt and pepper, dried herb of choice, vegetable stock cube

NOTES

The pumpkin and tomatoes are roasted for a difference in texture and caramelised flavour. For a speedier version, you can add the vegetables to the pan long with the risoni instead.

No gluten option – risoni is replaced with arborio rice. Use 2 cups boiling water in step 2. Add more water if needed after absorption.

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1. ROAST THE VEGETABLES

Set oven to 250°C (see notes). Dice **pumpkin** (2–3cm, use to taste) and halve **tomatoes**. Toss on a lined oven tray with **1/2 tbsp dried herb of choice** (see tip), **oil, salt and pepper**. Roast in oven for 20 minutes until cooked through.

TIP *Dried thyme, oregano or rosemary work well. Add a pinch of ground nutmeg, cinnamon or smoked paprika for warmth.*

2. SIMMER THE RISONI

Heat a large frypan over medium–high heat with **oil**. Dice **onion** and cook for 3–5 minutes until softened. Stir in **risoni** and **forest mushrooms**. Add crumbled **stock cube** and **1 1/2 cups water**. Semi-cover and simmer for 10 minutes, stirring occasionally, until **risoni** is tender and most liquid is absorbed.

TIP *You can use liquid stock or stock paste instead of a stock paste.*

3. TOSS THE RISONI

Thinly slice or chop **kale** (use to taste, we recommend 3 leaves). Stir through **risoni** until wilted. Add **1/2 packet parmesan cheese, roasted cherry tomatoes and pumpkin**. Stir until well combined and **pumpkin breaks** down a little. Stir in **1/4–1/2 cup water** to loosen if needed. Season to taste with **salt and pepper**.

4. FINISH AND SERVE

Divide **risoni** among shallow bowls. Garnish with remaining **parmesan cheese**.

TIP *Garnish with toasted pine nuts, almonds. Add flavour with lemon zest or fresh sliced chilli.*

This recipe has simplified instructions to help lower your meal cost.