

# Italian Pesto & Chickpea Stew

with Risoni, Toasted Pine Nuts & Parmesan Cheese

Grab your Meal Kit with this symbol



Kumara



Courgette



Brown Onion



Silverbeet



Chickpeas



Pine Nuts



Vegetable Stock Powder



Risoni



Chopped Tomatoes



Parsley



Basil Pesto



Grated Parmesan Cheese

 Hands-on: **20-30 mins**  
Ready in: **35-45 mins**

Here's how to get all the deep, rich flavours of a risotto with no stirring or extra work! Simply use handy risoni – the little grain-shaped pasta soaks up all the flavour for a simple and tasty side dish. Topped with pesto, chickpeas and sweet roasted veggies, this is comfort food at its finest.

### Pantry items

Olive Oil, Butter

## 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 · Large frying pan · Medium saucepan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
kumara	1 (medium)	1 (large)
courgette	1	2
brown onion	1 (medium)	1 (large)
silverbeet	1 packet	1 packet
chickpeas	½ tin	1 tin
pine nuts	1 packet	2 packets
water*	2 cups	4 cups
vegetable stock powder	1 sachet	2 sachets
risoni	¾ packet	3 packets
chopped tomatoes	1 tin	2 tins
parsley	1 bunch	1 bunch
butter*	20g	40g
basil pesto	1 packet (50g)	1 packet (100g)
grated Parmesan cheese	1 packet (30g)	2 packets (60g)

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3490kJ (834Cal)	443kJ (106Cal)
Protein (g)	28.3g	3.6g
Fat, total (g)	35.1g	4.5g
- saturated (g)	10.5g	1.3g
Carbohydrate (g)	93.5g	11.9g
- sugars (g)	20.7g	2.6g
Sodium (mg)	1620mg	206mg

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/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 **kumara** (unpeeled) into 1cm chunks. Cut the **courgette** into 2cm half-moons. Place the **kumara** and **courgette** on an oven tray lined with baking paper. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, then bake until tender, **20-25 minutes**.

**TIP:** Cut the veggies to size so they cook in time.



## Get prepped

While the veggies are roasting, finely chop the **brown onion**. Roughly chop the **silverbeet**. Drain and rinse the **chickpeas** (see ingredients). Heat a large frying pan over a medium-high heat. Add the **pine nuts** and toast, tossing, until golden, **3-4 minutes**. Transfer to a small bowl.



## Cook the risoni

Heat a medium saucepan over a medium-high heat. Add the **water**, 1/2 the **vegetable stock powder** 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 has absorbed, **13-15 minutes**.

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

**TIP:** 'Al dente' risoni is cooked through but still slightly firm in the centre.



## Start the stew

When the veggies have **10 minutes** cook time remaining, return the frying pan to a medium heat with a drizzle of **olive oil**. Add the **onion** and cook until softened, **4-5 minutes**. Add the **chickpeas**, **chopped tomatoes** and the remaining **vegetable stock powder** and simmer until slightly thickened, **4-5 minutes**.



## Finish the stew

While the stew is simmering, roughly chop the **parsley** leaves. Gently stir the **butter**, **basil pesto**, roasted **veggies** and **silverbeet** through the stew until wilted, **3 minutes**.



## Serve up

Divide the risoni between bowls and top with the Italian pesto and chickpea stew. Garnish with the **grated Parmesan cheese**, toasted pine nuts and parsley.

Enjoy!