



Vegetable Risoni Bake

with Aged Cheddar



30-40min



2 Portions

The best part about winter? Warming comfort food like this vegetarian risoni bake. Cheesy, creamy and filled with the delicious eggplant, zucchini and tomato, it needs nothing more than a simple side of dressed rocket leaves.

What we send

- parsley, garlic
- onion
- eggplant
- diced Italian tomatoes
- zucchini
- mature cheddar ⁷
- risoni ¹
- rocket leaves
- pouring cream ⁷

What you'll require

- balsamic vinegar ¹⁷
- extra virgin olive oil
- mustard ¹⁰
- olive oil
- sea salt and pepper
- sugar

Utensils

- large saucepan
- medium saucepan

Our vegies come fresh from the farm, so please wash them before use.

Allergens

Gluten (1), Milk (7), Mustard (10), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 940kcal, Fat 61.3g, Carbs 68.1g, Proteins 23.6g



1. Prepare ingredients

Preheat the oven to 200C. Finely chop the **onion**. Crush or finely chop the **garlic**. Cut the **eggplant** and **zucchini** into 1cm chunks. Finely chop the **parsley**, including the stems. Coarsely grate **half the cheese** (the remaining cheese won't be used in this dish).



4. Cook risoni

Meanwhile, cook **three-quarters of the risoni** (the remaining risoni won't be used in this dish) in the pan of boiling water for 8 mins or until al dente. Drain.



2. Start cooking

Bring a medium saucepan of salted water to the boil for the risoni. Meanwhile, heat **2 tsp olive oil** in a large saucepan over medium heat. Cook the **onion** and **garlic**, stirring, for 5 mins or until soft. Add another **1 tbs olive oil** and increase the heat to high. Add the **eggplant** and **zucchini** and cook, stirring occasionally, for 5 mins or until light golden.



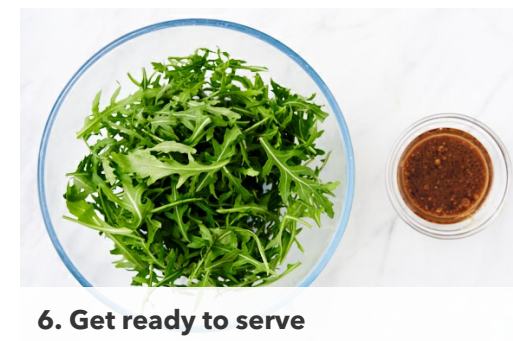
5. Assemble bake

Stir the **risoni** and **two-thirds of the grated cheese** into the tomato mixture. Spoon into a 1L (4 cup) baking dish and scatter over the **remaining grated cheese**. Bake for 10-12 mins until the sauce is bubbling and the cheese is golden.



3. Make sauce

Add **150ml of the cream** (the remaining cream won't be used in this dish), the **diced tomatoes, parsley** and **½ tsp sugar** to the vegetable mixture. Bring to the boil, then reduce the heat to low and cook for 7 mins or until the sauce has thickened.



6. Get ready to serve

Meanwhile, combine **1 tbs extra virgin olive oil, 2 tsp balsamic vinegar** and **½ tsp mustard** in a large bowl. Season with **salt and pepper**, add the **rocket** and toss to combine. Divide the **vegetable risoni bake** among plates and serve with the **rocket salad**.