



## Vegetable Risoni Bake

with Aged Cheddar



30-40min



4 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

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

## What you'll require

- balsamic vinegar <sup>17</sup>
- extra virgin olive oil
- mustard <sup>10</sup>
- olive oil
- sea salt and pepper
- sugar

## Utensils

- large deep frypan
- large 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 945kcal, Fat 61.3g, Carbs 68.7g, Proteins 23.8g



### 1. Prepare ingredients

Preheat the oven to 200C. Finely chop the **onion**. Crush or finely chop the **garlic**. Cut the **eggplants** and **zucchini** into 1cm chunks. Finely chop the **parsley**, including the stems. Coarsely grate the **cheese**.



### 2. Start cooking

Bring a large saucepan of salted water to the boil for the risoni. Heat **1 tbs olive oil** in a separate large saucepan over medium heat. Cook the **onion** and **garlic**, stirring, for 5 mins or until soft. Add another **2 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.



### 3. Make sauce

Add the **cream**, **tomatoes**, **parsley** and **1 tsp sugar** to the vegetables mixture. Bring to the boil, then reduce the heat to low and cook for 7 mins or until the sauce has thickened.



### 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.



### 5. Assemble bake

Stir the **risoni** and **two-thirds of the grated cheese** into the tomato mixture. Spoon into a 1.5L (6 cup) baking dish and scatter over the **remaining cheese**. Bake for 10-12 mins until the sauce is bubbling and the cheese is golden.



### 6. Get ready to serve

Meanwhile, combine **2 tbs extra virgin olive oil**, **1 tbs balsamic vinegar** and **1 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**.