



# Seared Prawns & Baked Zucchini Risotto

with Garlic Pangrattato & Parmesan

Grab your Meal Kit with this symbol



Zucchini



Garlic



Silverbeet



Parsley



Garlic & Herb Seasoning



Arborio Rice



Panko Breadcrumbs



Prawns



Chilli Flakes (Optional)



Shaved Parmesan Cheese



Prawns

Prep in: 20-30 mins  
Ready in: 30-40 mins

Eat Me First

Topped with buttery prawns and a golden pangrattato for some crunch, this garlicky baked risotto delivers in the flavour and texture departments - and even gives you a good dose of green veggies.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Butter

## Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Large frying pan · Medium or large baking dish

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
zucchini	1	2
garlic	2 cloves	4 cloves
silverbeet	1 medium bag	1 large bag
parsley	1 bag	1 bag
garlic & herb seasoning	1 large sachet	2 large sachets
arborio rice	1 medium packet	1 large packet
<b>water*</b>	2 cups	4 cups
panko breadcrumbs	½ medium packet	1 medium packet
prawns	1 packet (200g)	2 packets (400g)
chilli flakes (optional)	pinch	pinch
<b>butter*</b>	40g	80g
shaved Parmesan cheese	1 packet (26g)	1 packet (52g)
prawns**	1 packet (200g)	2 packets (400g)

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2896kJ (692Cal)	809kJ (193Cal)
Protein (g)	29.4g	8.2g
Fat, total (g)	21.7g	6.1g
- saturated (g)	13.8g	3.9g
Carbohydrate (g)	89.5g	25g
- sugars (g)	3.7g	1g
Sodium (mg)	1748mg	488mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3204kJ (766Cal)	699kJ (167Cal)
Protein (g)	43.2g	9.4g
Fat, total (g)	22.2g	4.8g
- saturated (g)	14g	3.1g
Carbohydrate (g)	89.5g	19.5g
- sugars (g)	3.7g	0.8g
Sodium (mg)	2400mg	524mg

The quantities provided above are averages only.

## Allergens

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

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

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## Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Grate **zucchini**. Finely chop **garlic**. Roughly chop **silverbeet**. Finely chop **parsley**.



## Cook the prawns

- When the risotto has **5 minutes** remaining, return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **prawns**, a pinch of **chilli flakes** (if using) and half the **butter**, tossing, until **prawns** are pink and starting to curl up, **3-4 minutes**. Remove from heat.

**Custom Recipe:** If you've doubled your prawns, cook in batches for the best results. Return all prawns to the pan before adding a pinch of chilli flakes (if using) and half the butter, tossing to coat, 1 minute.



## Start the risotto

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **zucchini, garlic & herb seasoning** and half the **garlic**, until fragrant, **1 minute**.
- Add **arborio rice**, stirring to combine. Add the **water** (2 cups for 2 people / 4 cups for 4 people) and bring to the boil. Cook, stirring, until combined, **2 minutes**.
- Transfer **risotto** to a baking dish. Cover tightly with foil. Bake until liquid is absorbed and rice is 'al dente', **24-28 minutes**.

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



## Finish the risotto

- Remove **risotto** from oven.
- Stir **shaved Parmesan cheese, silverbeet** and remaining **butter** through the risotto.
- Season to taste.

**TIP:** Stir through a splash of water to loosen the risotto, if needed.



## Make the pangrattato

- Meanwhile, wipe out frying pan, then return to medium-high heat with a drizzle of **olive oil**.
- Cook **panko breadcrumbs** (see ingredients) and remaining **garlic**, stirring, until golden brown, **3-4 minutes**.
- Transfer to a bowl. Add **parsley**. Season to taste.



## Serve up

- Divide baked zucchini risotto between bowls.
- Top with seared prawns.
- Sprinkle with garlic pangrattato to serve. Enjoy!

## Rate your recipe

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