

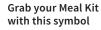
# Baked Chorizo & Spinach Risotto

with Cherry Tomatoes & Parmesan

**CUSTOMER FAVOURITE** 

KID FRIENDLY

BEST SELLER









Mild Chorizo

**Brown Onion** 



Garlic Paste

Italian Herbs





Arborio Rice

Chicken Stock





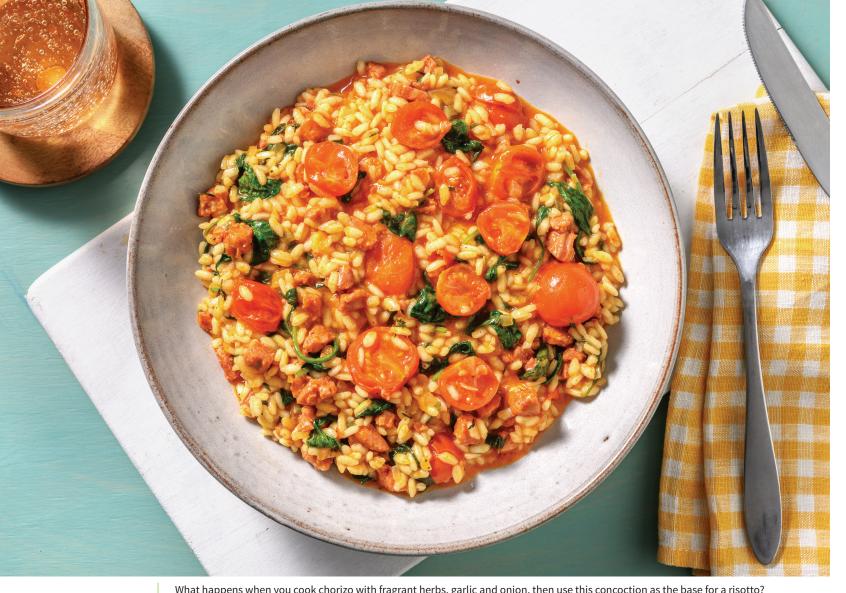
**Snacking Tomatoes** 



**Baby Spinach** Leaves



Shaved Parmesan Cheese



What happens when you cook chorizo with fragrant herbs, garlic and onion, then use this concoction as the base for a risotto? We could tell you, but the best way to find out is to try it yourself! While you're at it, throw in some roasted cherry tomatoes for a sweet burst of flavour that also works to cut through the lovely richness of the dish.

**Pantry items** Olive Oil, Butter

Prep in: 35-45 mins

Ready in: 40-50 mins

#### 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  $\cdot$  Medium or large baking dish  $\cdot$  Oven tray lined with baking paper

# Ingredients

| 9                      |                    |                     |
|------------------------|--------------------|---------------------|
|                        | 2 People           | 4 People            |
| olive oil*             | refer to method    | refer to method     |
| mild chorizo           | 1 packet<br>(250g) | 2 packets<br>(500g) |
| brown onion            | 1                  | 2                   |
| garlic paste           | 1 packet           | 2 packets           |
| Italian herbs          | 1 medium sachet    | 1 large sachet      |
| arborio rice           | 1 medium packet    | 1 large packet      |
| water*                 | 2 cups             | 4 cups              |
| chicken stock pot      | 1 packet<br>(20g)  | 2 packets<br>(40g)  |
| snacking<br>tomatoes   | 1 punnet           | 2 punnets           |
| shaved Parmesan cheese | 1 packet<br>(26g)  | 1 packet<br>(52g)   |
| butter*                | 20g                | 40g                 |
| baby spinach<br>leaves | 1 medium bag       | 1 large bag         |
| chicken breast**       | 1 small packet     | 1 large packet      |
|                        |                    |                     |

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

#### **Nutrition**

| Avg Qty          | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 3551kJ (849Cal) | 752kJ (180Cal) |
| Protein (g)      | 36.9g           | 7.8g           |
| Fat, total (g)   | 40.6g           | 8.6g           |
| - saturated (g)  | 18.4g           | 3.9g           |
| Carbohydrate (g) | 83.4g           | 17.7g          |
| - sugars (g)     | 9.3g            | 2g             |
| Sodium (mg)      | 2437mg          | 516mg          |

#### **Custom Recipe**

| Avg Qty          | Per Serving      | Per 100g       |
|------------------|------------------|----------------|
| Energy (kJ)      | 4288kJ (1025Cal) | 673kJ (161Cal) |
| Protein (g)      | 71.8g            | 11.3g          |
| Fat, total (g)   | 44.4g            | 7g             |
| - saturated (g)  | 19.6g            | 3.1g           |
| Carbohydrate (g) | 83.4g            | 13.1g          |
| - sugars (g)     | 9.3g             | 1.5g           |
| Sodium (mg)      | 2516mg           | 395mg          |

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



# Get prepped

- Preheat oven to 220°C/200°C fan-forced.
- Roughly chop mild chorizo.
- Thinly slice brown onion.

**Little cooks:** Don your goggles and have a go at peeling off the onion's outer layer!

**Custom Recipe:** If you've added chicken breast, cut chicken into 2cm chunks.



#### Start the risotto

- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook chorizo, stirring, until golden and crisp, 3-4 minutes.
- Add onion and cook, stirring, until softened,
   4 minutes.
- Add garlic paste and Italian herbs and cook until fragrant, 1 minute.
- · Stir in arborio rice until well combined.

**Custom Recipe:** Before cooking chorizo, in a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through (when no longer pink inside), 5-6 minutes.

Transfer to a bowl and continue as above.



#### Bake the risotto

- Add the water and chicken stock pot to the pan. Stir well, then bring to the boil.
- 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.



# Roast the cherry tomatoes

- Meanwhile, halve snacking tomatoes. Place on a lined oven tray. Drizzle with olive oil, season with salt and pepper and toss to coat.
- Roast until blistered, 15-20 minutes.

**Little cooks:** Help assemble the snacking tomatoes on the lined oven tray!



# Finish the risoni

- When the risotto is ready, stir through a splash of water to loosen, if needed.
- Stir in shaved Parmesan cheese, the butter and baby spinach leaves.
- Gently fold in roasted tomatoes. Season to taste.

**Custom Recipe:** Stir chicken through risotto along with the baby spinach, cheese and butter.



# Serve up

• Divide baked chorizo and spinach risotto between bowls to serve. Enjoy!



Scan here if you have any questions or concerns



