



Baked Chorizo & Spinach Risotto

with Cherry Tomatoes & Parmesan

CUSTOMER FAVOURITE

KID FRIENDLY

BEST SELLER



Grab your Meal Kit with this symbol



Mild Chorizo



Brown Onion



Garlic Paste



Italian Herbs



Arborio Rice



Chicken Stock Pot



Snacking Tomatoes



Shaved Parmesan Cheese



Baby Spinach Leaves



Chicken Breast

Prep in: 35-45 mins
Ready in: 40-50 mins

Eat Me Early*
**Custom Recipe only*

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.

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 · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
mild chorizo	1 packet (250g)	2 packets (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 (20g)	2 packets (40g)
snacking tomatoes	1 punnet	2 punnets
shaved Parmesan cheese	1 packet (26g)	1 packet (52g)
butter*	20g	40g
baby spinach leaves	1 medium bag	1 large bag
chicken breast**	1 small packet	1 large packet

*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.

We're here to help!

Scan here if you have any questions or concerns



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.



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!



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.



Finish the risotto

- 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.



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.



Serve up

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

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