

Garlic Prawns & Chorizo Risotto

with Roasted Cherry Tomatoes

GOURMET

Grab your Meal Kit with this symbol



Brown Onion



Garlic



Mild Chorizo



Arborio Rice



Nan's Special Seasoning



Snacking Tomatoes



Lemon



Prawns



Chilli Flakes (Optional)



Shaved Parmesan Cheese



Baby Spinach Leaves



Parsley

Prep in: 30-40 mins
Ready in: 45-55 mins

 Eat Me First

We've taken a few of our favourite things – chorizo, garlic prawns and lightly charred cherry tomatoes – and turned them into a dish distantly related to paella. It's baked in the oven to give you time to pour a wine, put your feet up, and set the mood for a meal to remember.

Pantry items

Olive Oil

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 baking dish · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	1	2
garlic	3 cloves	6 cloves
mild chorizo	1 packet (250g)	2 packets (500g)
arborio rice	1 medium packet	1 large packet
water*	2 cups	4 cups
Nan's special seasoning	1 medium sachet	1 large sachet
snacking tomatoes	1 punnet	2 punnets
lemon	½	1
prawns	1 packet (225g)	2 packets (450g)
chilli flakes (optional)	pinch	pinch
shaved Parmesan cheese	1 packet (26g)	1 packet (52g)
baby spinach leaves	1 small bag	1 medium bag
parsley	1 bag	1 bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3454kJ (826Cal)	590kJ (141Cal)
Protein (g)	51g	8.7g
Fat, total (g)	36.2g	6.2g
- saturated (g)	13.7g	2.3g
Carbohydrate (g)	83.6g	14.3g
- sugars (g)	8.9g	1.5g
Sodium (mg)	2725mg	465mg

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.

1



Start the risotto

- Preheat oven to **220°C/200°C fan-forced**. Finely chop **brown onion** and **garlic**. Roughly chop **mild chorizo**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion** and **chorizo**, stirring, until golden, **5 minutes**.
- Add half the **garlic** and cook until fragrant, **30 seconds**. Add **arborio rice**, stirring to coat.
- Stir in the **water** and **Nan's special seasoning**. Bring to the boil, then remove pan from heat.

4



Cook the prawns

- When the risotto has **5 minutes** remaining, zest **lemon** to get a pinch, then cut into wedges.
- Wipe out frying pan, then return to medium-high heat with a drizzle of **olive oil**. Cook **prawns**, tossing, until pink and starting to curl up, **3-4 minutes**. Add a pinch of **chilli flakes** (if using) and remaining **garlic** and cook until fragrant, **30 seconds**.
- Remove pan from heat. Add a squeeze of **lemon juice**. Season, then toss **prawns** to coat.

2



Bake the risotto

- 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.

5



Finish the risotto

- Stir **shaved Parmesan cheese** through **risotto**, until melted. Add **baby spinach leaves** and **lemon zest**, stirring to combine.
- Add a squeeze of **lemon juice**, then season to taste. Gently fold in the roasted **snacking tomatoes**.

TIP: Stir through a splash of water if the risotto looks too thick.

3



Roast the cherry tomatoes

- While the risotto is baking, halve **snacking tomatoes**.
- Place **tomatoes** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, then roast until fragrant and lightly charred, **20-25 minutes**.

6



Serve up

- Finely chop **parsley**.
- Divide chorizo risotto between bowls. Top with garlic prawns.
- Sprinkle with parsley. Serve with any remaining lemon wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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