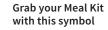


Herby Tomato & Prawn Risotto with Green Beans & Fetta

MEDITERRANEAN WINTER









Seasoning





Chicken-Style Stock Powder





Carrot





Green Beans



Baby Spinach



Leaves





Prep in: 20-30 mins Ready in: 35-45 mins

Eat Me First



Whip up this tomato and prawn risotto that even Nonna would be proud of. Super creamy arborio rice is the foundation of this Italian delight and with bright beans, spinach leaves and fetta cubes, you'll be coming back for seconds!

Pantry items Olive Oil, Brown Sugar

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 · Large baking dish

Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
arborio rice	1 medium packet	1 large packet		
garlic & herb seasoning	1 medium sachet	1 large sachet		
passata	1 box	2 boxes		
chicken-style stock powder	1 medium sachet	1 large sachet		
water*	2 cups	4 cups		
brown sugar*	½ tbs	1 tbs		
carrot	1	2		
green beans	1 small bag	1 medium bag		
garlic	1 clove	2 cloves		
prawns	1 packet (200g)	2 packets (400g)		
baby spinach leaves	1 small bag	1 medium bag		
fetta cubes	1 medium packet	1 large packet		
prawns**	1 packet (200g)	2 packets (400g)		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g		
Energy (kJ)	2218kJ (530Cal)	476kJ (114Cal)		
Protein (g)	26.5g	5.7g		
Fat, total (g)	3.6g	0.8g		
- saturated (g)	2g	0.4g		
Carbohydrate (g)	91.2g	19.6g		
- sugars (g)	14.8g	3.2g		
Sodium (mg)	1932mg	414mg		

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2537kJ (606Cal)	448kJ (107Cal)
Protein (g)	40.2g	7.1g
Fat, total (g)	4.1g	0.7g
- saturated (g)	2.2g	0.4g
Carbohydrate (g)	91.2g	16.1g
- sugars (g)	14.8g	2.6g
Sodium (mg)	2584mg	456mg

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.



Start the risotto

- Preheat oven to 220°C/200°C fan-forced.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **arborio rice** and **garlic & herb seasoning** until fragrant, **1 minute**.
- Stir in passata, chicken-style stock powder, the water and the brown sugar. Bring to the boil, then remove from heat.



Bake the risotto

- Transfer rice mixture to a baking dish.
- Cover tightly with foil and bake until liquid is absorbed and rice is 'al dente', 24-28 minutes.



Prep & cook the veggies

- Meanwhile, finely chop carrot.
- Trim and slice green beans into thirds.
- Finely chop garlic.
- Wipe out frying pan and return to medium-high heat with a drizzle of **olive oil**.
- Cook carrot and green beans, tossing, until just tender, 4-5 minutes. Transfer to a bowl.



Cook the prawns

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook prawns, tossing, until pink and starting to curl up, 3-4 minutes.
- Add garlic and cook until fragrant, 1 minute.
 Transfer to bowl with veggies. Set aside.

Custom Recipe: If you've doubled your prawns, cook for an extra 2-3 minutes.



Bring it all together

- Once risotto has finished baking, remove from oven and stir through baby spinach leaves, cooked prawns and veggies, until wilted and combined.
- Stir through a splash of **water** to loosen rice if needed. Season to taste.



Serve up

- Divide herby tomato and prawn risotto between bowls.
- Crumble over **fetta cubes** to serve. Enjoy!



