



Herby Tomato & Prawn Risotto

with Green Beans & Fetta

MEDITERRANEAN WINTER

Grab your Meal Kit with this symbol



Arborio Rice



Garlic & Herb Seasoning



Passata



Chicken-Style Stock Powder



Carrot



Green Beans



Garlic



Prawns



Baby Spinach Leaves



Fetta Cubes



Prawns

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



Calorie Smart*

*Custom Recipe is not Calorie Smart



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!

CUSTOM RECIPE

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

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

	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.

We're here to help!

Scan here if you have any questions or concerns



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.



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.



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**.



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.



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.



Serve up

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

Rate your recipe

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