

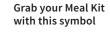
# Baked Chorizo & Spinach Risotto

with Cherry Tomatoes & Parmesan

WINTER WARMERS

KID FRIENDLY

BESTSELLER









Mild Chorizo

**Brown Onion** 



Garlic Paste

Italian Herbs





Arborio Rice



**Snacking Tomatoes** 



Cheese

Chicken Stock

**Baby Spinach** Leaves





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

Eat Me Early\* \*Custom Recipe only a sweet burst of flavour that also works to cut through the lovely richness of the dish.

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

# Ingredients

2 People	4 People
refer to method	refer to method
1 packet (250g)	2 packets (500g)
1	2
1 packet	2 packets
1 medium sachet	1 large sachet
1 medium packet	1 large packet
2 cups	4 cups
1 packet (20g)	2 packets (40g)
1 punnet	2 punnets
1 packet (26g)	1 packet (52g)
20g	40g
1 medium bag	1 large bag
1 small packet	2 small packets OR 1 large packet
	refer to method 1 packet (250g) 1 1 packet 1 medium sachet 1 medium packet 2 cups 1 packet (20g) 1 punnet 1 packet (26g) 20g 1 medium bag

<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)	4304kJ (1029Cal)	<b>675kJ</b> (161Cal)
Protein (g)	70.8g	11.1g
Fat, total (g)	45.3g	7.1g
- saturated (g)	19.8g	3.1g
Carbohydrate (g)	83.4g	13.1g
- sugars (g)	9.3g	1.5g
Sodium (mg)	2521mg	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.

**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.



# 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

- To the pan, add the water and chicken stock pot. 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.



# 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!

Did we make your tastebuds happy?
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