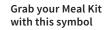


# Fancy Lemon-Garlic Prawns & Chorizo Risotto with Roasted Cherry Tomatoes

GOURMET















Mild Chorizo

Arborio Rice





Nan's Special Seasoning

**Snacking Tomatoes** 



Tail-On Prawns







Chilli Flakes (Optional)

Parmesan Cheese





**Baby Spinach** Leaves

Parsley



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  $\cdot$  Medium baking dish  $\cdot$  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	1/2	1
tail-on prawns	1 packet	2 packets
chilli flakes ∮ (optional)	pinch	pinch
Parmesan cheese	1 medium packet	1 large packet
baby spinach leaves	1 small bag	1 medium bag
parsley	1 bag	1 bag
* Dantas Itama		

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3662kJ (875Cal)	644kJ (154Cal)
Protein (g)	47.6g	8.4g
Fat, total (g)	38.9g	6.8g
- saturated (g)	15.3g	2.7g
Carbohydrate (g)	84.1g	14.8g
- sugars (g)	10.5g	1.8g
Sodium (mg)	2559mg	450mg

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.

## Fancy a drop?

We recommend pairing this meal with Tempranillo or Sauvignon Blanc



#### 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.



#### 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.



# Roast the cherry tomatoes

- 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.



## 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 tail-on 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.



### Finish the risotto

- Stir 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.



## Serve up

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



