



Fancy Lemon-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



Tail-On Prawns



Chilli Flakes (Optional)



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
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

*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

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 **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.

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 **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

- 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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