



Nan's Chorizo & Veggie Risotto

with Cherry Tomatoes, Silverbeet & Parmesan

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Mild Chorizo



Snacking Tomatoes



Zucchini



Silverbeet



Arborio Rice



Garlic Paste



Tomato Paste



Nan's Special Seasoning



Parmesan Cheese



Mild Chorizo

Prep in: 10-20 mins
Ready in: 40-50 mins

Our Nan's special seasoning adds a rich depth of flavour to this risotto, perfectly complementing the salty chorizo. Top it off with a sprinkle of Parmesan and you have a dish that delivers deliciousness with every mouthful.

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

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 · Medium baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
mild chorizo	1 packet (250g)	2 packets (500g)
snacking tomatoes	1 punnet	2 punnets
zucchini	1	2
silverbeet	1 medium bag	1 large bag
arborio rice	1 medium packet	1 large packet
garlic paste	2 packets	4 packets
tomato paste	1 medium packet	1 large packet
Nan's special seasoning	1 medium sachet	1 large sachet
boiling water*	2 cups	4 cups
butter*	40g	80g
Parmesan cheese	1 medium packet	1 large packet
mild chorizo**	1 packet (250g)	2 packets (500g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4131kJ (987Cal)	742kJ (177Cal)
Protein (g)	36.8g	6.6g
Fat, total (g)	56.8g	10.2g
- saturated (g)	26.1g	4.7g
Carbohydrate (g)	83.7g	15g
- sugars (g)	8.9g	1.6g
Sodium (mg)	2090mg	375mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5545kJ (1325Cal)	813kJ (194Cal)
Protein (g)	57.3g	8.4g
Fat, total (g)	84.7g	12.4g
- saturated (g)	36.9g	5.4g
Carbohydrate (g)	85.2g	12.5g
- sugars (g)	10.5g	1.5g
Sodium (mg)	3448mg	506mg

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



Cook the chorizo & veggies

- Preheat oven to **220°C/200°C fan-forced**.
- Roughly chop **mild chorizo**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chorizo** and **snacking tomatoes**, stirring, until starting to brown, **3-4 minutes**.
- Meanwhile, boil the kettle.
- Slice **zucchini** into thin half-moons.
- Roughly chop **silverbeet**.

Custom Recipe: If you've doubled your mild chorizo, prepare and cook chorizo as above.



Finish the risotto

- When risotto is done, stir through the **butter**, **silverbeet** and half the **Parmesan cheese**. Season to taste.

TIP: If the risotto looks dry, stir through a splash of water.



Bake the risotto

- To pan with chorizo, add **arborio rice**, **garlic paste**, **tomato paste** and **Nan's special seasoning** and cook, stirring, until fragrant, **1 minute**.
- Remove from heat, then add the **boiling water** (2 cups for 2 people / 4 cups for 4 people) and **zucchini**. Stir to combine, then transfer **risotto mixture** to a baking dish. Cover tightly with foil, then 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.



Serve up

- Divide Nan's chorizo and veggie risotto between bowls.
- Top with remaining Parmesan cheese to serve. Enjoy!

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