

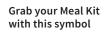
Lemon & Parsley Prawn Risotto

with Baby Spinach Leaves

MEDITERRANEAN

NEW

CLIMATE SUPERSTAR

















Garlic & Herb



Arborio Rice

Seasoning



Chicken-Style Stock Powder



Baby Spinach Leaves



Peeled Prawns

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

Eat Me First



Bring a bit of luxury to your next meal-time! Tender, seared prawns bursting with zesty flavour sit atop a rich risotto speckled with veggies and refreshingly delicious parsley.

Olive Oil, Butter

Pantry items

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

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 or large baking dish

Ingredients

9			
2 People	4 People		
refer to method	refer to method		
1	2		
1	2		
1/2	1		
1 packet	1 packet		
1 medium sachet	1 large sachet		
1 medium packet	1 large packet		
2 cups	4 cups		
1 medium sachet	1 large sachet		
1 packet	2 packets		
1 small packet	1 medium packet		
30g	60g		
1 medium packet	1 large packet		
	refer to method 1 1 1 ½ 1 packet 1 medium sachet 1 medium packet 2 cups 1 medium sachet 1 packet 1 small packet 30g		

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2284kJ (546Cal)	580kJ (139Cal)
Protein (g)	24.1g	6.1g
Fat, total (g)	14.9g	3.8g
- saturated (g)	9.7g	2.5g
Carbohydrate (g)	80.8g	20.5g
- sugars (g)	8g	2g
Sodium (mg)	1571mg	399mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2492kJ (596Cal)	612kJ (146Cal)
Protein (g)	28.2g	6.9g
Fat, total (g)	18.5g	4.5g
- saturated (g)	12.3g	3g
Carbohydrate (g)	81.1g	19.9g
- sugars (g)	8.1g	2g
Sodium (mg)	1703mg	418mg

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.



Scan here if you have any questions or concerns





Get prepped

- Preheat oven to 220°C/200°C fan-forced.
- Grate zucchini.
- Finely chop carrot.
- Zest lemon to get a pinch then cut into wedges.
- · Finely chop parsley.



Cook the prawns & finish the risotto

- When risotto has 5 minutes remaining, wipe out frying pan and return to medium-high heat with a drizzle of olive oil.
- Cook peeled prawns and lemon zest, tossing, until prawns are pink and starting to curl up, 3-4 minutes. Season.
- Remove risotto from the oven.
- Stir through baby spinach leaves, the butter, half of the parsley and a good squeeze of lemon juice. Season generously with salt and pepper.

TIP: Stir through a splash of water to loosen the risotto, if needed.



Bake the risotto

- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook carrot, stirring, until softened, 3-4 minutes. Add zucchini and garlic & herb seasoning and cook, stirring, until fragrant, 1 minute.
- Add arborio rice, stirring to combine. Add the water and chicken-style stock powder and bring to boil. Cook, stirring, until combined, 2 minutes.
- Transfer risotto mixture to a baking dish, then 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.



Serve up

- Divide lemon and parsley risotto between bowls. Top with prawns and garnish with reserved parsley.
- Serve with remaining lemon wedges. Enjoy!

Custom Recipe: If you've added Parmesan cheese, sprinkle risotto with Parmesan to serve.

