



Lemon & Parsley Prawn Risotto

with Baby Spinach Leaves

MEDITERRANEAN

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Zucchini



Carrot



Lemon



Parsley



Garlic & Herb Seasoning



Arborio Rice



Chicken-Style Stock Powder



Peeled Prawns



Baby Spinach Leaves



Parmesan Cheese

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



Calorie Smart

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.

Eat Me First

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 or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
zucchini	1	2
carrot	1	2
lemon	½	1
parsley	1 packet	1 packet
garlic & herb seasoning	1 medium sachet	1 large sachet
arborio rice	1 medium packet	1 large packet
water*	2 cups	4 cups
chicken-style stock powder	1 medium sachet	1 large sachet
peeled prawns	1 packet	2 packets
baby spinach leaves	1 small packet	1 medium packet
butter*	30g	60g
Parmesan cheese**	1 medium packet	1 large packet

*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.

We're here to help!

Scan here if you have any questions or concerns



1



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**.

3



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.

2



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.

4



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.

Rate your recipe

Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate