



Prawn & Chorizo Risoni

with Apple, Rocket & Fennel Salad

TASTE TOURS

Grab your Meal Kit with this symbol



Mild Chorizo



Capsicum



Parsley



Garlic



Red Onion



Lemon



Apple



Risoni



Paprika Spice Blend



Chicken-Style Stock Powder



Peeled Prawns



Spinach, Rocket & Fennel Mix

Prep in: 20-30 mins
Ready in: 50-60 mins

Impress your guests, family and friends with a rich risoni speckled with smokey chorizo and succulent prawns whipped up in no time! Pair with our refreshingly crisp apple salad for a well-rounded flavour sensation to bring to your table tonight.

Eat Me Early

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 saucepan · Two large frying pans

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
mild chorizo	1 packet	2 packets
capsicum	1	2
parsley	1 packet	1 packet
garlic	3 cloves	6 cloves
red onion	½	1
lemon	½	1
apple	1	2
risoni	1 medium packet	2 medium packets
paprika spice blend	1 medium sachet	2 medium sachets
chicken-style stock powder	1 medium sachet	1 large sachet
peeled prawns	1 packet	2 packets
butter*	40g	80g
spinach, rocket & fennel mix	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4212kJ (1007Cal)	678kJ (162Cal)
Protein (g)	44.4g	7.1g
Fat, total (g)	52.4g	8.4g
- saturated (g)	23.9g	3.8g
Carbohydrate (g)	90.6g	14.6g
- sugars (g)	18.2g	2.9g
Sodium (mg)	2848mg	458mg
Dietary Fibre (g)	8.8g	1.4g

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.



Get prepped

- Boil the kettle.
- Roughly chop **mild chorizo**, **capsicum** and **parsley**.
- Finely chop **garlic** and **red onion** (**see ingredients**).
- Slice **lemon** into wedges.
- Thinly slice **apple** into wedges.



Cook the prawns

- Meanwhile, in a second large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **peeled prawns**, half the **butter** and the remaining **garlic**, tossing, until pink and starting to curl up, **3-4 minutes**.
- Remove from heat then add a good squeeze of **lemon juice**. Season with **salt** and **pepper**.



Start the risoni

- Half-fill a large saucepan with boiling water, add a generous pinch of **salt** and place over high heat.
- Cook **risoni** in boiling water until 'al dente', **7-8 minutes**.
- Drain **risoni** and set aside.



Bring it all together

- Stir **parsley** and the remaining **butter** through the risoni. Add a splash of **water** to loosen the risoni if needed. Season to taste.
- In a large bowl, combine **spinach**, **rocket & fennel mix**, **apple** and a drizzle of **olive oil**. Season to taste.



Flavour the risoni

- While the risoni is cooking, in a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **chorizo**, **capsicum** and **onion**, stirring, until golden, **5-6 minutes**.
- Reduce heat to medium, then add **paprika spice blend** and half the **garlic** and cook until fragrant, **1-2 minutes**.
- Add **risoni** to pan with **chicken-style stock powder** and stir to combine. Remove from heat and cover to keep warm.



Serve up

- Divide chorizo risoni between bowls, then top with garlic prawns.
- Serve with apple, rocket and fennel salad, and any remaining lemon wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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