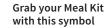
Prawn & Chorizo Risoni

with Apple, Rocket & Fennel Salad

TASTE TOURS









Mild Chorizo







Parsley





Lemon



Red Onion



Apple







Paprika Spice Blend

Chicken-Style Stock Powder



Peeled Prawns

Spinach, Rocket & Fennel Mix



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

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	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	1/2	1
lemon	1/2	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

Per Serving	Per 100g
4212kJ (1007Cal)	678kJ (162Cal)
44.4g	7.1g
52.4g	8.4g
23.9g	3.8g
90.6g	14.6g
18.2g	2.9g
2848mg	458mg
8.8g	1.4g
	4212kJ (1007Cal) 44.4g 52.4g 23.9g 90.6g 18.2g 2848mg

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.



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.



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.



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**.



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.



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!

