

# Garlic Prawns & Chorizo Risotto

with Roasted Cherry Tomatoes

GOURMET

Grab your meal kit  
with this number

15



Snacking Tomatoes



Brown Onion



Garlic



Mild Chorizo



Lemon



Risotto-Style  
Rice



Nan's Special  
Seasoning



Parmesan Cheese



Baby Spinach  
Leaves



Tail-On Prawns




Chilli Flakes  
(Optional)



Parsley

Prep in: 30-40 mins  
Ready in: 45-55 mins

 Eat Me Early

We've taken a few of our favourite things – chorizo, garlic prawns and lightly charred cherry tomatoes – and turned them into a dish distantly related to paella. It's time to pour a wine, put your feet up, and set the mood for a meal to remember.

### Pantry items

Olive Oil

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

**If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches**

## You will need

Oven tray lined with baking paper · Large saucepan · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
snacking tomatoes	1 medium packet	2 medium packets
brown onion	1	2
garlic	3 cloves	6 cloves
mild chorizo	1 packet	2 packets
lemon	½	1
risotto-style rice	1 medium packet	1 large packet
Nan's special seasoning	1 medium sachet	1 large sachet
Parmesan cheese	1 medium packet	1 large packet
baby spinach leaves	1 small packet	1 medium packet
tail-on prawns	1 packet	2 packets
chilli flakes (optional)	pinch	pinch
parsley	1 packet	1 packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3632kJ (868Cal)	641kJ (153Cal)
Protein (g)	46.7g	8.2g
Fat, total (g)	38.6g	6.8g
- saturated (g)	15.2g	2.7g
Carbohydrate (g)	84.1g	14.8g
- sugars (g)	9.9g	1.7g
Sodium (mg)	2524mg	445mg
Dietary Fibre (g)	8.1g	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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## Fancy a drop?

We recommend pairing this meal with Tempranillo or Sauvignon Blanc



## Roast the cherry tomatoes

- Preheat oven to **220°C/200°C fan-forced**.
- Halve **snacking tomatoes**.
- Place **tomatoes** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**.
- Toss to coat, then roast until fragrant and lightly charred, **20-25 minutes**.



## Finish the risotto

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion** and **chorizo**, stirring, until golden, **5 minutes**.
- Add half the **garlic** and **Nan's special seasoning**, and cook until fragrant, **30 seconds**.
- Remove pan from heat. Add cooked **risotto-style rice** to pan.
- Stir in **Parmesan cheese**, **baby spinach leaves**, **lemon zest**, a generous squeeze of **lemon juice** and **roasted tomatoes**. Season to taste. Transfer to serving plates and cover to keep warm.



## Get prepped

- Finely chop **brown onion** and **garlic**.
- Roughly chop **mild chorizo**.
- Zest **lemon** to get a pinch, then cut into wedges.



## Cook the prawns

- Wipe out frying pan, then return to medium-high heat with a drizzle of **olive oil**. Cook **tail-on prawns**, tossing, until pink and starting to curl up, **3-4 minutes**. Add a pinch of **chilli flakes** (if using!) and remaining **garlic**, then cook until fragrant, **30 seconds**.
- Remove pan from heat. Add a squeeze of **lemon juice**. Season, then toss **prawns** to coat.



## Start the risotto

- Half-fill a large saucepan with water, add a generous pinch of **salt**, then bring to the boil over high heat.
- Cook **risotto-style rice** in the boiling water until 'al dente', **7-8 minutes**.
- Drain **risotto**.



## Serve up

- Finely chop **parsley**.
- Divide chorizo risotto between bowls. Top with garlic prawns.
- Sprinkle with parsley. Serve with any remaining lemon wedges. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



## Rate your recipe

Did we make your tastebuds happy

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