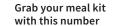


Garlic Prawns & Chorizo Risotto

with Roasted Cherry Tomatoes

GOURMET







Brown Onion

Snacking Tomatoes





Mild Chorizo

Garlic



Risotto-Style

Lemon



Nan's Special



Parmesan Cheese

Tail-On Prawns

Seasoning





Baby Spinach

Leaves



Chilli Flakes (Optional)



Parsley

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



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 \cdot Large saucepan \cdot Large frying pan

Ingredients

	2 People	4 People
olive oil*	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	1/2	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 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.



Get prepped

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



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 mintues.
- Drain risotto.



Finish the rsiotto

- 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 risottostyle 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.



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.



Serve up

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



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