

Lemon & Parsley Prawn Risotto

with Veggies

MEDITERRANEAN

Grab your meal kit with this number

31



Zucchini



Carrot



Lemon



Parsley



Garlic & Herb Seasoning



Arborio/Risotto Rice



Peeled Prawns



Baby Spinach Leaves



Parmesan Cheese




Parmesan Cheese



Peeled Prawns

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

 Calorie Smart

 Eat Me Early

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.

Pantry items

Olive Oil, Butter

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

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/risotto rice	1 medium packet	1 large packet
water*	2 cups	4 cups
salt*	¼ tsp	½ tsp
peeled prawns	1 packet	2 packets
baby spinach leaves	1 small packet	1 medium packet
butter*	30	60
Parmesan cheese	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2577kJ (615Cal)	564kJ (134Cal)
Protein (g)	28g	6.1g
Fat, total (g)	18.5g	4g
- saturated (g)	12.2g	2.7g
Carbohydrate (g)	82.9g	18.1g
- sugars (g)	8.9g	1.9g
Sodium (mg)	1775mg	388mg
Dietary Fibre (g)	6.8g	1.5g

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

- Preheat oven to **220°C/200°C fan-forced**.
- Grate **zucchini**.
- Finely chop **carrot**.
- Zest **lemon** to get a pinch then cut into wedges.
- Roughly chop **parsley**.



Cook the prawns

- When risotto has **5 minutes** remaining, wipe out the 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 to taste with **salt** and **pepper**.



Bake the risotto

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **carrot**, tossing, until softened, **3-4 minutes**. Add **zucchini** and **garlic & herb seasoning** and cook until fragrant, **1 minute**.
- Add **risotto-style rice**, stirring to combine. Add the **water**, **salt** 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.

TIP: Stir through a splash of water to loosen the risotto, if needed.



Serve up

- Remove risotto from the oven.
- Stir through **baby spinach leaves**, the **butter**, **Parmesan cheese**, half of the parsley and a good squeeze of lemon juice. Season generously to taste.
- Divide lemon and parsley risotto between plates. Top with prawns and garnish with reserved parsley.
- Serve with remaining lemon wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW38



CUSTOM OPTIONS

+ **ADD PARMESAN CHEESE**
Sprinkle over before serving.

+ **DOUBLE PEELED PRAWNS**
Follow method above, cooking in batches if necessary.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

