



Baked Chorizo & Spinach Risotto

with Cherry Tomatoes & Parmesan

Grab your Meal Kit with this symbol



Brown Onion



Italian Herbs



Arborio Rice



Cherry/Snacking Tomatoes



Baby Spinach Leaves



Mild Chorizo



Garlic Paste



Chicken Stock Pot



Grated Parmesan Cheese

Prep in: **35-45 mins**
Ready in: **40-50 mins**

Naturally Gluten-Free
Not suitable for coeliacs

What happens when you cook chorizo with fragrant herbs, garlic and onion, then use this concoction as the base for risotto? We could tell you, but the best way to find out is to try it yourself! While you're at it, throw in some roasted cherry tomatoes for a sweet burst of flavour that also works to cut through the lovely richness of the dish.

Pantry items

Olive Oil, Butter

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan · Medium or large baking dish · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
mild chorizo	1 packet (250g)	2 packets (500g)
brown onion	1	2
garlic paste	1 packet	2 packets
Italian herbs	1 medium sachet	1 large sachet
arborio rice	1 medium packet	1 large packet
water*	2 cups	4 cups
chicken stock pot	1 packet (20g)	1 packet (40g)
cherry/snacking tomatoes	1 punnet	2 punnets
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
butter*	20g	40g
baby spinach leaves	1 small bag	1 medium bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3659kJ (875Cal)	759kJ (181Cal)
Protein (g)	40.6g	8.4g
Fat, total (g)	40.7g	8.4g
- saturated (g)	17.9g	3.7g
Carbohydrate (g)	84.2g	17.5g
- sugars (g)	10g	2.1g
Sodium (mg)	2548mg	529mg

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**.
- Roughly chop **mild chorizo**.
- Thinly slice **brown onion**.

Little cooks: Don your goggles and have a go at peeling off the onion's outer layer!



Start the risotto

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chorizo**, stirring, until golden and crisp, **3-4 minutes**.
- Add **onion** and cook, stirring, until softened, **4 minutes**.
- Add **garlic paste** and **Italian herbs** and cook until fragrant, **1 minute**.
- Stir in **arborio rice** until well combined.



Bake the risotto

- Add the **water** and **chicken stock pot** to the pan. Stir well, then bring to the boil.
- Transfer **risotto** to a baking dish. 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.



Roast the cherry tomatoes

- Meanwhile, halve **cherry tomatoes**. Place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Roast until blistered, **15-20 minutes**.



Finish the risotto

- When the risotto is ready, stir through a splash of **water** to loosen, if needed.
- Stir in **grated Parmesan cheese**, the **butter** and **baby spinach leaves**.
- Gently fold in roasted **tomatoes**. Season to taste.



Serve up

- Divide baked chorizo and spinach risotto between bowls to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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