

Seared Prawns & Baked Zucchini Risotto

with Pangrattato & Parmesan

Grab your Meal Kit with this symbol



Zucchini



Garlic



Kale



Garlic & Herb Seasoning



Arborio Rice



Vegetable Stock Pot



Panko Breadcrumbs



Prawns



Grated Parmesan Cheese

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: 20-30 mins
 Ready in: 30-40 mins

Eat Me First

Topped with buttery prawns and a golden pangrattato for some crunch, this garlicky baked risotto delivers in the flavour and texture departments - and even gives you a good dose of green veggies.

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
zucchini	1	2
garlic	2 cloves	4 cloves
kale	½ medium bag	1 medium bag
garlic & herb seasoning	2 sachets	4 sachets
arborio rice	1 medium packet	1 large packet
water*	2 cups	4 cups
vegetable stock pot	1 packet (20g)	1 packet (40g)
panko breadcrumbs	½ medium packet	1 medium packet
prawns	1 packet (200g)	2 packets (400g)
butter*	40g	80g
grated Parmesan cheese	1 packet (30g)	2 packets (60g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2992kJ (715Cal)	907kJ (216Cal)
Protein (g)	29g	8.8g
Fat, total (g)	22.5g	6.8g
- saturated (g)	14.1g	4.3g
Carbohydrate (g)	91g	27.6g
- sugars (g)	7.1g	2.2g
Sodium (mg)	2315mg	702mg

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 the oven to **220°C/200°C fan-forced**. Grate the **zucchini**. Finely chop the **garlic**. Tear the **kale** leaves from the stem (see ingredients), then roughly chop the leaves.



Cook the prawns

When the risotto has **5 minutes** remaining, return frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **prawns** and 1/2 the **butter**, tossing, until the prawns are pink and starting to curl up, **3-4 minutes**. Remove from the heat.



Start the risotto

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **zucchini, garlic & herb seasoning** and 1/2 the **garlic** until fragrant, **1 minute**. Add the **arborio rice**, stirring to combine. Add the **water** and **vegetable stock pot**. Bring to the boil and cook, stirring, until combined, **2 minutes**. Transfer **risotto** to a baking dish. Cover tightly with foil and bake until the liquid is absorbed and the rice is 'al dente', **24-28 minutes**. When the **risotto** has **10 minutes** remaining, remove the foil, then stir through the chopped **kale**. Return to the oven, uncovered, to finish baking.

TIP: 'Al dente' rice is cooked through but still slightly firm in the centre.



Finish the risotto

Remove the risotto from the oven. Stir through the **grated Parmesan cheese** and remaining **butter**. If needed, stir through a splash of **water** to loosen. Season to taste.



Make the pangrattato

While the risotto is baking, wipe out frying pan, then return to a medium-high heat with a drizzle of **olive oil**. Cook the **panko breadcrumbs** (see ingredients), stirring, until golden brown, **3 minutes**. Add the remaining **garlic** and cook until fragrant, **1-2 minutes**. Transfer to a small bowl.



Serve up

Divide the baked zucchini risotto between bowls. Top with the seared prawns. Sprinkle with the pangrattato to serve.

Enjoy!

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