

# Garlic Prawn & Chorizo Risotto

with Thyme-Roasted Cherry Tomatoes

Grab your Meal Kit with this symbol



Brown Onion



Garlic



Mild Chorizo



Arborio Rice



Vegetable Stock



Cherry Tomatoes



Parsley



Thyme



Lemon



Prawns



Chilli Flakes (Optional)




Grated Parmesan Cheese




Baby Spinach Leaves

 Hands-on: **30-40 mins**  
 Ready in: **45-55 mins**

 Naturally gluten-free  
*Not suitable for Coeliacs*

 Eat me first

 Spicy (optional chilli flakes)

We've taken a few of our favourite things – here's looking at you, chorizo, garlic prawns and roasted cherry tomatoes – and turned them into a risotto that's distantly related to paella. It's baked in the oven to give you time to pour a wine, put your feet up and set the mood for a meal to remember.

### 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
brown onion	1	2
garlic	4 cloves	8 cloves
mild chorizo	1 packet	2 packets
butter*	20g	40g
arborio rice	1 packet	2 packets
water*	2 cups	4 cups
vegetable stock	1½ cubes	3 cubes
cherry tomatoes	1 punnet	2 punnets
parsley	1 bunch	1 bunch
thyme	1 bunch	1 bunch
lemon	1	2
prawns	1 packet	2 packets
chilli flakes	pinch	pinch
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
baby spinach leaves	1 bag (30g)	1 bag (60g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3296kJ (787Cal)	583kJ (139Cal)
Protein (g)	41.8g	7.4g
Fat, total (g)	37.1g	6.6g
- saturated (g)	16.2g	2.9g
Carbohydrate (g)	76.1g	13.5g
- sugars (g)	10.1g	1.8g
Sodium (mg)	2619mg	463mg

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 Riesling or Sauvignon Blanc



## Start the risotto

Preheat the oven to **220°C/200°C fan-forced**. Finely chop the **brown onion** and the **garlic**. Roughly chop the **mild chorizo**. In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **onion** and **chorizo** until golden, **5 minutes**. Add the **butter** and 1/2 the **garlic** and cook until fragrant, **30 seconds**. Add the **arborio rice** and stir to coat. Add the **water** and crumble in the **vegetable stock** (1 1/2 cubes for 2 people / 3 cubes for 4 people). Bring to the boil, then remove from the heat.



## Cook the prawns

When the risotto has **5 minutes** cook time remaining, zest the **lemon** to get a pinch, then cut into wedges. Wipe out the frying pan and return to a medium-high heat with a drizzle of **olive oil**. Cook the **prawns**, tossing, until pink and starting to curl, **3 minutes**. Add a pinch of **chilli flakes** (if using) and the remaining **garlic** and cook until fragrant, **30 seconds**. Remove the pan from the heat. Add a squeeze of **lemon** and season.



## Bake the risotto

Transfer the **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**.

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



## Finish the risotto

Stir the **grated Parmesan cheese** through the **risotto** until melted. Add the **baby spinach leaves** and the **lemon zest** and stir to combine. Add a squeeze of **lemon juice** and season to taste. Gently fold in the **roasted cherry tomatoes**.



## Roast the cherry tomatoes

While the risotto is baking, halve the **cherry tomatoes**. Pick the **thyme** leaves. Place the **cherry tomatoes** and **thyme** 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**.



## Serve up

Finely chop the **parsley**. Divide the chorizo risotto between bowls and top with the garlic prawns. Sprinkle with the parsley and serve with any remaining lemon wedges.

## Enjoy!