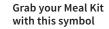


Garlic Prawns & Chorizo Risotto

with Roasted Cherry Tomatoes

GOURMET















Mild Chorizo





Snacking Tomatoes

Nan's Special Seasoning







Lemon



Chilli Flakes



(Optional)

Shaved Parmesan



Baby Spinach Leaves

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 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

Before you start

Wash your hands and any fresh food.

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 \cdot Medium baking dish \cdot Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	1	2
garlic	3 cloves	6 cloves
mild chorizo	1 packet (250g)	2 packets (500gg)
arborio rice	1 medium packet	1 large packet
water*	2 cups	4 cups
Nan's special seasoning	1 medium sachet	1 large sachet
snacking tomatoes	1 punnet	2 punnets
lemon	1/2	1
prawns	1 packet (225g)	2 packets (450g)
chilli flakes ∮ (optional)	pinch	pinch
shaved Parmesan cheese	1 packet (26g)	1 packet (52g)
baby spinach leaves	1 small bag	1 medium bag
parsley	1 bag	1 bag
*Pantry Items		

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3454kJ (826Cal)	590kJ (141Cal)
Protein (g)	51g	8.7g
Fat, total (g)	36.2g	6.2g
- saturated (g)	13.7g	2.3g
Carbohydrate (g)	83.6g	14.3g
- sugars (g)	8.9g	1.5g
Sodium (mg)	2725mg	465mg

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.



Start the risotto

- Preheat oven to 220°C/200°C fan-forced. Finely chop brown onion and garlic. Roughly chop mild chorizo.
- 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 cook until fragrant,
 30 seconds. Add arborio rice, stirring to coat
- Stir in the water and Nan's special seasoning.
 Bring to the boil, then remove pan from heat.



Bake the risotto

 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

- While risotto is baking, 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.



Cook the prawns

- When the risotto has 5 minutes remaining, zest lemon to get a pinch, then cut into wedges.
- Wipe out frying pan, then return to medium-high heat with a drizzle of olive oil. Cook prawns, tossing, until pink and starting to curl up,
 3-4 minutes. Add a pinch of chilli flakes (if using) and remaining garlic and cook until fragrant, 30 seconds.
- Remove pan from heat. Add a squeeze of lemon juice. Season, then toss prawns to coat.



Finish the risotto

- Stir shaved Parmesan cheese through risotto, until melted. Add baby spinach leaves and lemon zest, stirring to combine.
- Add a squeeze of lemon juice, then season to taste. Gently fold in the roasted snacking tomatoes.

TIP: Stir through a splash of water if the risotto looks too thick.



Serve up

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

