



Garlic Prawns & Baked Zucchini Risotto

with Pangrattato & Parmesan

Grab your Meal Kit with this symbol



Zucchini



Garlic



Garlic & Herb Seasoning



Arborio Rice



Chicken Stock Pot



Panko Breadcrumbs



Prawns



Shaved Parmesan Cheese



Baby Spinach Leaves



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



Eat Me First



Calorie Smart

Topped with garlicky, buttery prawns and a golden pangrattato for some crunch, this creamy 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 · Large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
zucchini	1	2
garlic	2	4
garlic & herb seasoning	2 sachets	4 sachets
arborio rice	1 medium packet	1 large packet
water*	2 cups	4 cups
chicken stock pot	1 packet (20g)	1 packet (40g)
panko breadcrumbs	½ medium packet	1 medium packet
prawns	1 packet (225g)	2 packets (450g)
butter*	40g	80g
shaved Parmesan cheese	1 packet (30g)	2 packets (60g)
baby spinach leaves	1 small bag	1 medium bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2698kJ (645Cal)	818kJ (196Cal)
Protein (g)	28.1g	8.5g
Fat, total (g)	22.4g	6.8g
- saturated (g)	14g	4.2g
Carbohydrate (g)	91g	27.6g
- sugars (g)	6.8g	27.6g
Sodium (mg)	2338mg	709mg

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.

1



Get prepped

Preheat the oven to **220°C/200°C fan-forced**. Grate the **zucchini**. Finely chop the **garlic**.

2



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 **chicken stock pot**. Bring to the boil and cook, stirring, until combined, **2 minutes**. Transfer the **risotto** to a large 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.

3



Make the pangrattato

While the risotto is baking, wipe out the 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. Season to taste.

4



Cook the prawns

When the risotto has **5 minutes** remaining, return the 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**.

5



Finish the risotto

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

6



Serve up

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

Enjoy!

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