

Seared Prawns & Baked Risotto

with Silverbeet, Garlic Pangrattato & Parmesan

Grab your Meal Kit with this symbol



Carrot



Garlic



Silverbeet



Garlic & Herb Seasoning



Arborio Rice



Panko Breadcrumbs



Grated Parmesan Cheese



Prawns



Chilli Flakes (Optional)

Recipe Update

Farmers across Australia are still experiencing the impacts of the recent heavy rains. This is affecting our supply of fresh veggies and as such, you may notice some changes to your ingredients. Don't worry, your recipe will be just as delicious!

Prep in: 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 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
carrot	1	2
garlic	2 cloves	4 cloves
silverbeet	1 medium bag	1 large bag
garlic & herb seasoning	1 large sachet	2 large sachets
arborio rice	1 medium packet	1 large packet
water*	2 cups	4 cups
panko breadcrumbs	½ medium packet	1 medium packet
prawns	1 packet (200g)	2 packets (400g)
butter*	40g	80g
chilli flakes (optional)	pinch	pinch
grated Parmesan cheese	1 packet (30g)	2 packets (60g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2962kJ (707Cal)	834kJ (199Cal)
Protein (g)	29.6g	8.3g
Fat, total (g)	22.1g	6.2g
- saturated (g)	14g	3.9g
Carbohydrate (g)	90.3g	25.4g
- sugars (g)	3.9g	1.1g
Sodium (mg)	1736mg	489mg

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://www.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**.
- Grate the **carrot**.
- Finely chop **garlic**.
- Roughly chop **silverbeet**.



Start the risotto

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **carrot, garlic & herb seasoning** and 1/2 the **garlic** until fragrant, **1 minute**.
- Add **arborio rice**, stirring to combine. Add the **water**. Bring to the boil and cook, stirring, until combined, **2 minutes**.
- Transfer **risotto** to a baking dish. Cover tightly with foil and 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.



Make the pangrattato

- Meanwhile, wipe out frying pan, then return to medium-high heat with a drizzle of **olive oil**.
- Cook **panko breadcrumbs** (see ingredients) and remaining **garlic**, stirring, until golden brown, **3-4 minutes**.
- Transfer to a bowl. Season to taste.



Cook the prawns

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



Finish the risotto

- Remove **risotto** from oven. Stir through **grated Parmesan cheese, silverbeet** and remaining **butter**.
- Season to taste.

TIP: If the risotto is dry, stir through a splash of water.



Serve up

- Divide baked risotto between bowls.
- Top with seared prawns.
- Sprinkle with garlic pangrattato to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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