



Seared Prawns & Baked Zucchini Risotto

with Garlic Pangrattato & Parmesan

Grab your Meal Kit with this symbol



Zucchini



Garlic



Silverbeet



Parsley



Garlic & Herb Seasoning



Arborio Rice



Panko Breadcrumbs



Prawns



Chilli Flakes (Optional)



Shaved Parmesan Cheese



Prawns

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 green veggies.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter

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 · 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
silverbeet	1 medium bag	1 large bag
parsley	1 bag	1 bag
garlic & herb seasoning	1 large sachet	2 large sachets
arborio rice	½ packet	1 packet
water*	2 cups	4 cups
panko breadcrumbs	½ medium packet	1 medium packet
prawns	1 packet (200g)	2 packets (400g)
chilli flakes (optional)	pinch	pinch
butter*	40g	80g
shaved Parmesan cheese	1 packet (26g)	1 packet (52g)
prawns**	1 packet (200g)	2 packets (400g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2896kJ (692Cal)	809kJ (193Cal)
Protein (g)	29.4g	8.2g
Fat, total (g)	21.7g	6.1g
- saturated (g)	13.8g	3.9g
Carbohydrate (g)	89.5g	25g
- sugars (g)	3.7g	1g
Sodium (mg)	1748mg	488mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3204kJ (766Cal)	699kJ (167Cal)
Protein (g)	43.2g	9.4g
Fat, total (g)	22.2g	4.8g
- saturated (g)	14g	3.1g
Carbohydrate (g)	89.5g	19.5g
- sugars (g)	3.7g	0.8g
Sodium (mg)	2400mg	524mg

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.

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Scan here if you have any questions or concerns



Get prepped

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



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**, a pinch of **chilli flakes** (if using) and half the **butter**, tossing, until **prawns** are pink and starting to curl up, **3-4 minutes**. Remove from heat.

Custom Recipe: If you've doubled your prawns, cook in batches for the best results. Return all prawns to the pan before adding a pinch of chilli flakes (if using) and half the butter, tossing to coat, 1 minute.



Start the risotto

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **zucchini, garlic & herb seasoning** and half the **garlic**, until fragrant, **1 minute**.
- Add **arborio rice** (see ingredients), stirring to combine. Add the **water** (2 cups for 2 people / 4 cups for 4 people) and bring to the boil. Cook, stirring, until combined, **2 minutes**.
- 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.



Finish the risotto

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

TIP: Stir through a splash of water to loosen the risotto, if needed.



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. Add **parsley**. Season to taste.



Serve up

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

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