

Seared Prawns & Baked Zucchini Risotto

with Pangrattato & Parmesan

Grab your Meal Kit
with this symbol



Zucchini



Garlic



Garlic & Herb
Seasoning



Arborio Rice



Vegetable
Stock Pot



Panko Breadcrumbs



Prawns



Grated Parmesan
Cheese




Mixed Leaves

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. 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 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 · 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
garlic & herb seasoning	2 medium sachets	2 large sachets
arborio rice	1 medium packet	1 large packet
water*	2 cups	4 cups
vegetable stock pot	1 packet (20g)	1 packet (40g)
panko breadcrumbs	½ medium packet	1 medium packet
prawns	1 packet	2 packets
butter*	40g	80g
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
mixed leaves	1 small bag	1 medium bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2992kJ (715Cal)	907kJ (217Cal)
Protein (g)	29g	8.8g
Fat, total (g)	22.6g	6.9g
- saturated (g)	14g	4.2g
Carbohydrate (g)	91.2g	27.7g
- sugars (g)	5.4g	1.6g
Sodium (mg)	2323mg	704mg

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.



Get prepped

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



Start the risotto

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

While risotto is baking, 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**. Remove from heat.



Finish the risotto

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

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



Serve up

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

Enjoy!

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