

Seared Prawns & Baked Zucchini Risotto

with Garlic Pangrattato & Parmesan

Grab your Meal Kit with this symbol



Zucchini



Garlic



Silverbeet



Garlic & Herb Seasoning



Arborio Rice



Panko Breadcrumbs



Chilli Flakes (Optional)



Prawns



Grated Parmesan Cheese

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
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)
chilli flakes (optional)	pinch	pinch
butter*	40g	80g
grated Parmesan cheese	1 packet (30g)	2 packets (60g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2962kJ (708Cal)	834kJ (199Cal)
Protein (g)	31.2g	8.8g
Fat, total (g)	22.2g	6.3g
- saturated (g)	14g	3.9g
Carbohydrate (g)	89.4g	25.2g
- sugars (g)	3.8g	1.1g
Sodium (mg)	1735mg	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 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**. Roughly chop **silverbeet**.



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 1/2 the **butter**, tossing, until prawns are pink and starting to curl up, **3-4 minutes**.
- Remove from heat.



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 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 **grated 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. Season to taste.



Serve up

- Divide baked zucchini 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



2022 | CW42

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.com.au/rate