HELLO FRESH

Seared Prawns & Baked Zucchini Risotto
with Garlic Pangrattato & Parmesan

Zucchini

Garlic

Silverbeet

Garlic & Herb Seasoning

Arborio Rice

Panko Breadcrumbs

Chilli Flakes (optional)

Prawns

Shaved Parmesan Cheese

Prawns

Pantry items

Olive Oil, Butter

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.**

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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
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)	2962kJ (708Cal)	834kJ (199Cal)
Protein (g)	31.1g	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

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3294kJ (787Cal)	727kJ (173Cal)
Protein (g)	46.2g	10.2g
Fat, total (g)	22.3g	4.9g
- saturated (g)	14g	3.1g
Carbohydrate (g)	89.5g	19.8g
- sugars (g)	3.7g	0.8g
Sodium (mg)	2338mg	516mg

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.

We're here to help!

Scan here if you have any questions or concerns

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1 Get prepped

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

2 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.*

3 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.

4 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.

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 and 1/2 the butter, tossing to coat, 1 minute.

5 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.*

6 Serve up

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

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