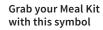


Seared Prawns & Baked Zucchini Risotto

with Garlic Pangrattato & Parmesan





Prep in: 20-30mins Ready in: 30-40 mins

11 Eat Me First



departments - and even gives you a good dose of green veggies.

Topped with buttery prawns and a golden pangrattato for some crunch, this garlicky baked risotto delivers in the flavour and texture

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 $\operatorname{pan}\cdot\operatorname{Medium}$ 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
${\sf Carbohydrate}(g)$	89.4g	25.2g
- sugars (g)	3.8g	1.1g
Sodium (mg)	1735mg	489mg
Outstans Desires		

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 information. If you have received a substitute ingredient, please be aware allergens may have changed.

Were here to help!

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Get prepped

Cook the prawns

drizzle of **olive oil**.

Remove from heat.

When the risotto has 5 minutes remaining,

return frying pan to medium-high heat with a

Cook prawns, a pinch of chilli flakes (if using)

and 1/2 the butter, tossing, until prawns are

Custom Recipe: If you've doubled your prawns,

prawns to the pan before adding a pinch of chilli

cook in batches for the best results. Return all

flakes and 1/2 the butter, tossing to coat,

pink and starting to curl up, 3-4 minutes.

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

3 Scan here to select your recipes for next week!

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!

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1 minute.