

# 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




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

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         |
|--------------------------|-----------------|------------------|
| <b>olive oil*</b>        | 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   |
| <b>water*</b>            | 2 cups          | 4 cups           |
| panko breadcrumbs        | ½ medium packet | 1 medium packet  |
| prawns                   | 1 packet (200g) | 2 packets (400g) |
| chilli flakes (optional) | pinch           | pinch            |
| <b>butter*</b>           | 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)      | 2934kJ (701Cal) | 831kJ (199Cal) |
| Protein (g)      | 29.2g           | 8.3g           |
| Fat, total (g)   | 21.7g           | 6.1g           |
| - saturated (g)  | 13.8g           | 3.9g           |
| Carbohydrate (g) | 89.5g           | 25.3g          |
| - sugars (g)     | 3.7g            | 1g             |
| Sodium (mg)      | 1746mg          | 494mg          |

### Custom Recipe

| Avg Qty          | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 3284kJ (785Cal) | 725kJ (173Cal) |
| Protein (g)      | 42.9g           | 9.5g           |
| Fat, total (g)   | 22.2g           | 4.9g           |
| - saturated (g)  | 14g             | 3.1g           |
| Carbohydrate (g) | 89.5g           | 19.8g          |
| - sugars (g)     | 3.7g            | 0.8g           |
| Sodium (mg)      | 2398mg          | 529mg          |

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](https://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



## 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.

**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 1/2 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 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.



## 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!

## Rate your recipe

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